



'80s music revival hits local clubs

Many of today's artists are bringing back the '80s with jazzed-up cover tunes.

FEATURE 8

Spoke

What are men really thinking?

Find out all the answers to questions women really want to know.

FEATURE 9

Catching more ZZZs

Two university students from Syracuse market a product to help you sleep.

LIFE 7

Monday, December 2, 2002

Conestoga College, Kitchener

34th Year — No. 27

'80s night draws small crowd

By CARRIE HOTO

The music was pumping, the drinks were flowing and the strobe lights were spinning — the only thing missing was the students.

A less-than-expected turnout at the Nov. 21 pub night left Conestoga Students Incorporated (CSI) officials upset. Our biggest problem was that nobody came, Jody Andruszkiewicz, CSI events programmer, said, adding, I wish pub nights were this easy, but busier.

The retro 80s pub attracted between 50 and 60 students over the course of the night. I'm always wondering why people don't show, Andruszkiewicz said, adding, My door is always open for suggestions.

He said all previous problems with the pub nights have been eliminated. There is no longer long lines to get beer and the CSI has moved to selling beer tickets, instead of paying at the bar.

Another problem with this time of year is school. It's getting into crunch time where everyone has a ton of assignments due, he said.

During the evening, the DJ spun hit after hit from the 80s. He played strictly originals, with no remixes. I bet some of you can still remember the trendy moves that invaded the dance floor.

Andruszkiewicz said pub nights are a great way for students to relax.

I was in school for seven years. I looked forward to pub nights because it was a night you didn't have to think about school, he said, adding, It doesn't matter if

you drink or not.

The students who came to the pub were dressed to go back in time; sporting Converse high tops, tight T-shirts and jeans, huge sunglasses and the unforgettable mullets. These students had a riot, responsibly.

The staff for the pub are Smart Serve trained. Andruszkiewicz said, No one gets in the door if they're hammered. If they are (hammered), they're going right back home to bed.

"I'm always wondering why people don't show. My door is always open for suggestions."

Jody Andruszkiewicz,
CSI events programmer

The staff goes by the rule, two drinks, two hands, which means a student can only be served a maximum of two drinks at a time.

Andruszkiewicz said Smart Serve advocates a three drink for two-hand rule. But he added, the new CSI rule has eliminated 90 per cent of our problem.

As usual there were two police officers in attendance, as well as law and security administration students.

Next up for the CSI is the last pub night of the year. On Dec. 12 they are having a Playboy party.

This is the last blowout of the fall semester, Andruszkiewicz said. Everything is suited toward the magazine. Prizes will be awarded for the best bunny and maybe the best Chip & Dale.



(Photo by Carrie Hoto)

Scott Rawlings (left), Kevin Wilson and Keri Brunet are dressed to rock at the retro pub night put on by Conestoga Students Incorporated in the Sanctuary on Nov. 21. They were three of only about 60 students in attendance.

Conestoga to remember victims of Dec. 6

By MICHELLE TIMMERMAN

On Dec. 6, 1989 bullets ripped through the air killing 14 women at Montreal's École Polytechnique. The gunman targeted them because of their gender.

When Marc Lepine walked into the university, he separated the female students from the male students and opened fire on the women while shouting, You are all a bunch of feminists.

In response, the Government of Canada established Dec. 6 as the National Day of Remembrance and Action on Violence Against Women.

This day isn't only for commemorating the loss of these 14 young lives, but represents a time to pause and reflect on the overwhelming amount of violence against women in society. It's a time when we can pause and think about the women

who live everyday with the threat of violence or who have died as a result of deliberate acts of gender-based violence.

The day is also a chance for communities to reflect on their actions and work on eliminating all forms of violence against women.

The day is also a chance for communities to reflect on their actions and work on eliminating all forms of violence against women.

Violence against anyone is unacceptable no matter what the person's age, gender, religion, ethnicity, sexual orientation or mental and physical capabilities.

The focus on violence against

women during this day of remembrance is not meant to overshadow violence against men.

However, studies show that women make up the majority of those who are victimized by sexual assaults and harassment.

When hearing the word violence many people automatically associate it with physical violence.

But, in fact, violence comes in many different forms.

Psychological violence occurs when one's self-confidence is lowered through yelling, insults, mockeries, threats, abusive language, humiliation, harassment or deprivation of emotional care.

Sexual violence consists of any form of nonconsensual sexual activity, including harassment, unwanted sexual touching, rape and incest.

Financial violence is another form of violence that many people

aren't aware of and may not fully understand.

This form occurs when an individual's finances, inheritance or employment income is controlled against his or her will.

Conestoga College is doing its part in remembering the victims of the Dec. 6 massacre through displays.

It includes denying access to one's own financial records and knowledge about personal investments, income or debt. It also includes preventing a partner from taking employment from outside the home or engaging in other activity that would lead to financial independence.

Spiritual abuse occurs when an

individual's culture or religious beliefs are destroyed through ridicule or punishment, forbidding the practise of a personal religion or forcing someone to follow religious practices that are not their own.

Conestoga College is doing its part in remembering the victims of the Dec. 6 massacre through a moment of silence at 11 a.m. and displays set up near Door 4 at the Doon campus.

The displays will include posters designed by the graphic design students that portray anti-violence, and rose buttons symbolizing remembrance of the Montreal Massacre.

The buttons were purchased from the National YWCA Women's Support Group by the Conestoga Students Inc. They are free to students although donations to local women's shelters will be accepted.

Krispy Kreme off to sweet start in Kitchener

By KATE VANDEVEN

The red light is finally on, and the doughnut theatre is pumping out 200 doughnuts an hour to satisfy the Kitchener community.

That's right, Krispy Kreme has opened its doors so you no longer have to drive out of your way to taste its mouth-watering doughnuts.

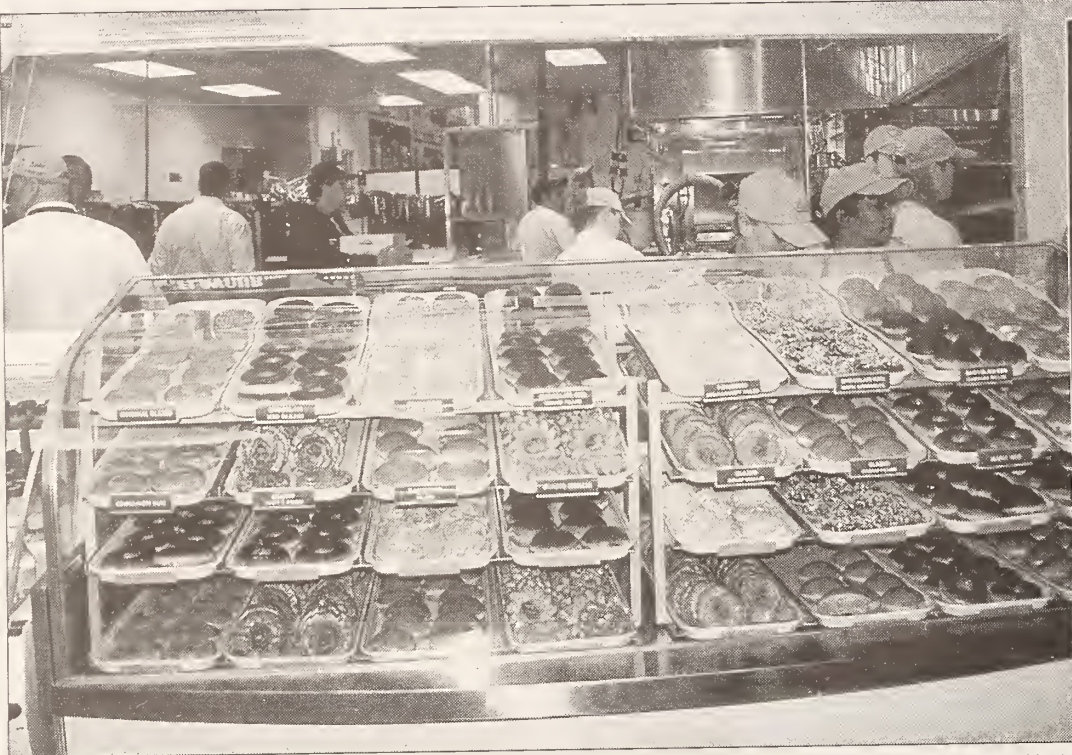
The store is located at 800 Ottawa St. S. and along with its signature glazed doughnuts, Krispy Kreme offers 14 other varieties.

This doughnut haven started back in 1937, when Vernon Rudolph began selling his doughnuts to local grocers in Winston-Salem, N.C. As its popularity grew, so did the number of stores. Today, Krispy Kreme has 248 stores across North America with plans of opening 32 locations in Ontario.

Its store openings are like no other. Clowns, cheerleaders, school singers and free doughnuts marked the grand opening of its Kitchener location on Nov. 19.

Police were directing traffic and when the store opened its doors at 5:30 a.m., 75 people were already waiting in line including a father and son who parked their car in the drive-thru and waited close to 48 hours to have the first taste of Krispy Kreme.

Judi Richardson, VP of marketing and communications, said typically at a store opening they serve thousands of customers but she



(Photo by Kate VandeVen)

Krispy Kreme opened its doors in Kitchener on Nov. 19. It offers 14 varieties, including their signature glazed doughnut. When the "red light" is on, you can enjoy a fresh doughnut for free.



(Photo by Kate VandeVen)

says it's a new experience every time they open a new door.

Richardson thinks Kitchener has a really local feel. She thinks Kitchener has a congenial atmosphere and said the community has been warm and welcoming.

Linda Cochrane and her 21-month-old daughter Aurora

Cochrane made their first trip to Krispy Kreme on Tuesday. Linda said she loves the doughnuts and thinks the store will do well in the community.

Along with Cochrane, many other curious locals came out to the opening, like Vidal Rodruess. This was his first time in the store

and because of the happy atmosphere, he said it was one of the best store openings he has been to.

He and his wife heard about the opening on the news and said they will come at least once a week to purchase the doughnuts.

Although Mary and Carl Ertel

Aurora Cochrane, 21 months old, enjoys a cup of milk during her first visit to Krispy Kreme.

agree that Krispy Kreme is great and they love the doughnuts, they think it will not offer much competition because it is not Canadian-based.

Counterfeit cases are on the rise in K-W

By TANNIS WADE

With Christmas fast approaching you can almost feel your bank account getting lighter. People are spending hundreds and thousands of dollars on gifts for their loved ones and relatives. Before they hit the malls, shoppers should be aware of the alarmingly high rate of counterfeit bills that are circulating in Waterloo region.

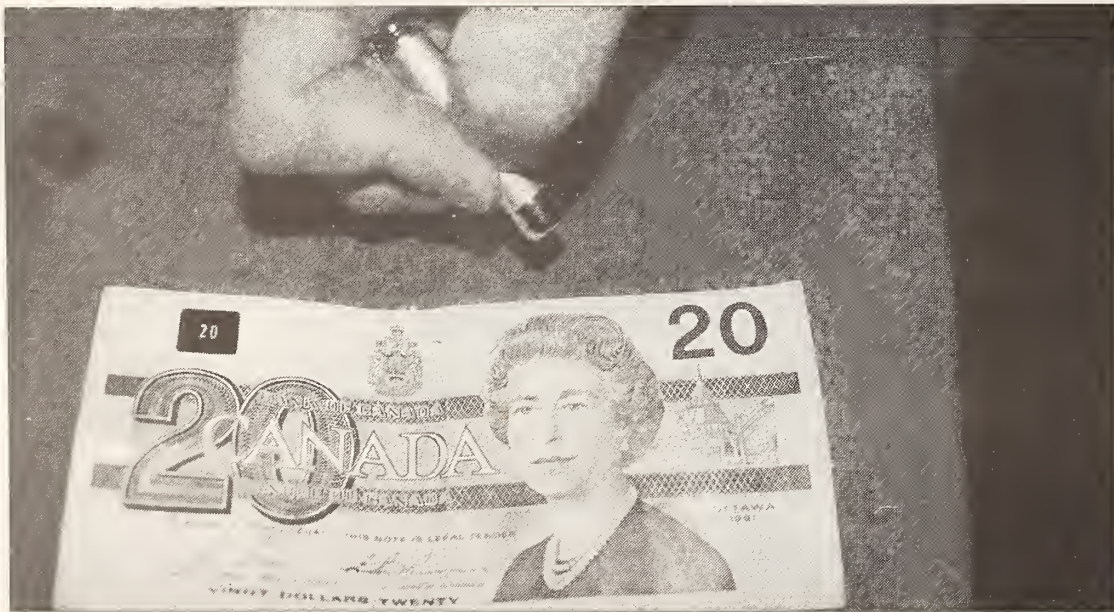
Sgt. Tom Berczi, fraud investigator with the Waterloo regional police, says there have been 1,113 cases of counterfeit in the region so far this year. The numbers have risen drastically from the 351 reported cases in 2000 and the 685 cases reported last year.

I bet the final number of counterfeit cases this year will surpass the original estimate of 1,300, says Berczi.

Despite increased efforts by the Bank of Canada to make our bills harder to reproduce by including various security features, Berczi feels technology is responsible for the increase of counterfeit money.

Not only are computers and scanners becoming more affordable, but the quality of work they can produce make it easier for them to duplicate our bills, says Berczi.

Because people are passing money around more frequently during the holiday season, there may be an increased risk of coming into contact with a fake bill. However, Berczi insists there are no more reported cases of counter-



(Photo by Tannis Wade)

Many local businesses use ultraviolet lights to check for counterfeit bills. This light is a small version of a UV light.

feit over the holiday season.

If you are passed a bill that you suspect is counterfeit you must turn it over to the police, says Berczi. Make sure that you take in as much information as you can like what the person looked like who passed it to you, what they were driving and maybe even a licence plate number.

The police will take the bill and investigate it, and return it to the owner if it turns out to be real.

Information packages are available to the public at all police stations in the area. They include posters and brochures that give

information about counterfeit detection and show the security features to look for when examining a bill.

We provide presentations to banks and other businesses that handle a lot of cash, says Berczi. At the presentations, companies will be educated on what to look for on a bill and what to do in the event that someone passes them a fake bill.

On the new-style bank notes, run your finger over the words Bank of Canada and notice it is written in raised ink. This feature is also used for the large number on the bill. It

feels thicker to the touch which makes the bills harder to reproduce.

There are iridescent maple leaves that look gold when the bill is tilted. You will also notice the edges of the leaves are smooth and well defined.

The serial number is printed twice on the back of each note. The number will be a three-letter prefix followed by a seven-digit number.

A number of businesses across the region are using ultraviolet lights to test bills authenticity. The entire bill does not glow, however

the denomination of the bill will appear above the portrait. To the naked eye there is no writing above the portrait. The Coat of Arms will also glow under UV light.

The old bills also have security features that make counterfeit detection easier. The green metallic patch will change from green to gold when it is tilted. There are also small green dots on the bill called planchettes that will glow under UV light and can be scratched off.

Fine lines are used around the eyes of the portrait to create a sharper image. If it is copied, the lines will lose their definition and become blurred.

According to the Bank of Canada Web site (www.bankofcanada.ca), the \$20 bill is the one most counterfeited. They attribute this to the fact that the \$20 bill is the most commonly used denomination in general so it arouses less suspicion. Most people are under the impression that \$50s and \$100s are counterfeited the most.

The Bank of Canada will continue to upgrade security features on every new bill they come out with. They have plans to change the \$20, \$50 and \$100 bills to fit the new series of notes called Canadian Journey.

My best advice to the public is to educate yourself, says Berczi. If people fully understand the features on bills that cannot be duplicated using a computer, then it becomes easier to recognize a bill when you come across one.

Learning about sex, stress and diets

By IZABELA ZARZYCKA

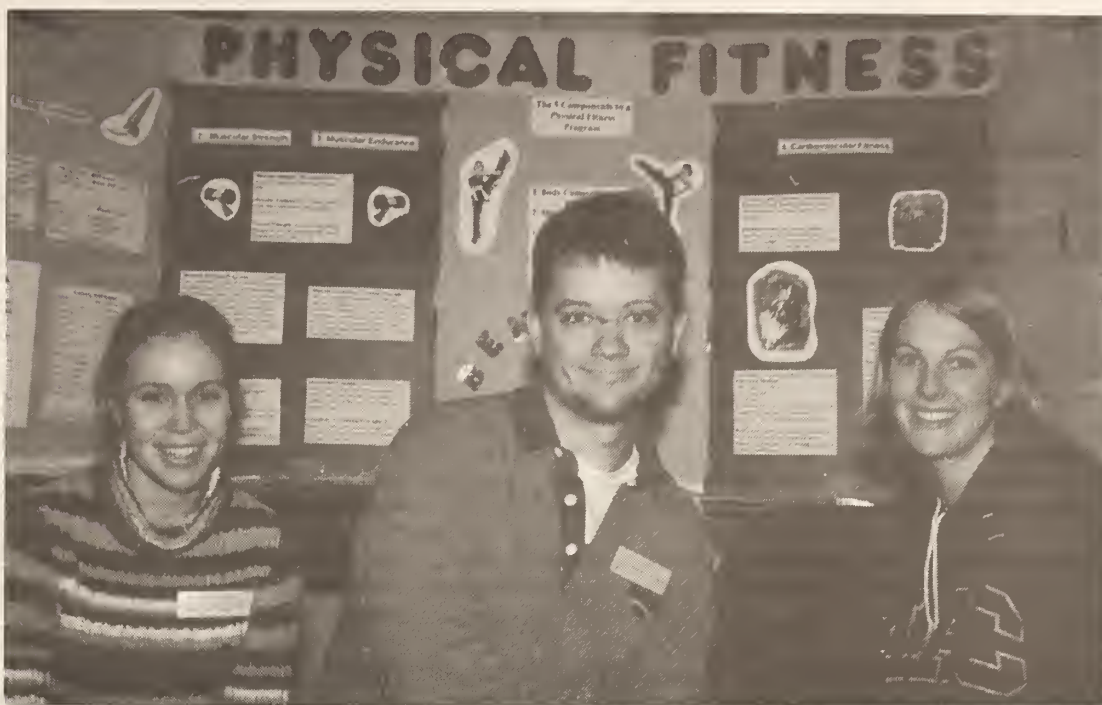
Oral sex is not as safe as some say.

that was just one message at a health fair at Conestoga College November 19, that provided students with information about how sexually transmitted diseases (STDs) can be transferred through oral sex.

The bachelor of science and nursing (BScN) students put on the fair that featured four displays promoting healthy lifestyles.

Prior to the event, the students went out and surveyed college students to see what areas of health they did not know about or which ones they needed additional information on. Sabrina McLean, BScN student and participant in the fair, said after the surveys were completed the nursing students picked four areas to focus on. Then they divided themselves into four groups and worked on the fair for most of the semester. The four topics were: STDs, physical fitness, fad diets, and stress and stress prevention.

Lee-Anne Cariney, a nursing student, said that STDs can be spread through oral sex and that many people don't know that. Cariney and her three partners discovered chlamydia has been on the rise in the Kitchener area for young people between the ages of 15 and 24.



(Photo by Izabela Zarzycka)

The bachelor of science and nursing students held an information fair, promoting healthy lifestyles, on Nov. 19 at the college.

She added that this information is important because it can save your life. Sexual transmitted diseases can lead to death if not treated properly.

The nursing students were giving away free condoms and information on where people can go to be tested for STDs.

McLean and her partners were in

charge of the physical fitness display. She said all aspects of fitness are important and include body composition, muscular strength, muscular endurance, cardiovascular fitness and flexibility.

Another display that students enjoyed focused on diets. Katrin Woerns said her group included three types of diets — the grapefruit

diet, the zone diet and the Slim Fast diet.

She said that the grapefruit diet originated in 1930 and is still used today. But, there are cons to this diet. People don't get a lot of protein or iron and that could be dangerous, especially for women. Women need iron or they can become anemic. Anemia occurs

when the number of red blood cells fall below a normal count and the body gets less oxygen. With less oxygen the body cannot function properly, causing the person to feel fatigue, weak or dizzy. Like most diets, the grapefruit diet decreases the number of calories a person eats. A woman needs about 2,200 calories a day to maintain her body weight, and a man needs 2,900, but with this diet the calorie count can be as low as 800 calories a day.

The Slim Fast diet is easy but often not successful. It consists of shakes and meal bars which replace meals. As soon as the dieters stop drinking the beverages and eating the bars they gain back the weight they lost.

In Woerns' opinion the zone diet works the best because it incorporates exercise and eating a lot of protein.

The last display focused on the dangers of being under too much stress. Anies Bos said if people overeat, drink alcohol and smoke a lot then they are trying to cope with stress. She added that everyone has a way to deal with stress and most choices are not healthy ones. Some advice that the stress group had was, get organized, avoid procrastination, and get some exercise. The group was giving away free stress balls, which they made out of sand and balloons. Also, students could enjoy a free massage.

Students explore careers in health

By SINEAD MCGARRY

Your future, your career, your choice was the key theme repeated at the Employ Yourself forum.

Employ Yourself is a series of informative career forums aimed at helping students explore careers of their choice. The forums provide an opportunity for students to receive the essential career, education and training information they need. The Employ Yourself health forum was the second of 10 forums that was held at the Waterloo Memorial Recreation Complex Nov. 19.

Students from all over Waterloo Region attended the event to gain insight into the health industry from five experienced panelists. Dr. Virginia Robinson, an emergency physician at Grand River Health Care Centre, led the panel discussion that included Marion Bramwell, vice-president of patient services at St. Mary's Hospital, Kim Bretz, a doctor of naturopathic medicine, Andrea Martin, the executive director of the Victorian Order of Nurses, and Ted Mavor, co-ordinator of health, promotion and social work at Grand River Hospital.

The health-care system is like a baseball team, everyone has a position to play and share the same goal to win and succeed a health care, said Martin, a registered nurse. Martin has headed many campaigns throughout Waterloo Region including flu vaccine awareness and hepatitis B shots. She assists patients who require homecare as well as Meals on Wheels and maintenance support. She sees herself as a coach, facilitator and interpreter.

Martin compared delivering a baby through midwifery to hitting a home run. The first time you give the baby to its parents you witness how the team truly succeeds like a home run. Everyone involved is striving for the same thing. Martin, along with her fellow panelists, sees herself as an advocate who is concerned about the well-being of others and is willing to care when people are at the most vulnerable stages in their lives.

Kim Bretz, a doctor of alternative medicine, has been a registered naturopathic doctor for eight years. Bretz's credentials range from training in traditional Oriental medicine and acupuncture to herbal products.

There are so many opportunities in this field, especially because it is gaining so much popularity, said Bretz. She came across this career path as a mistake; she saw a naturopathic display at a career fair and became interested. Bretz treats patients with serious illnesses as well as patients who simply want to improve their lifestyle and health.

I usually set out a plan for patients, research their family health history and discuss a home diet diary, said Bretz, whose appointments usually last an hour to two hours. Naturopathic medicine is an alternative to traditional medicines that allow patients to seek the quality of life they are looking for.

Dr. Virginia Robinson, an emergency physician at the Grand River hospital, advised students to follow their dreams.

Robinson, who currently writes for CBC, shared the experiences

she gained while visiting Mount Everest, acting as a doctor to climbers. I was taking care of people in places where there was no oxygen, she said of her experience. You can do anything you put your mind to, just stay focused. When you take one step many doors will open, she said, referring to a man she met on the Everest trip who embarked on the climbing experience even though he was blind.

Marion Bramwell, vice-president the Grand River Hospital, became interested in health care at the young age of eight. She reflected on her memories of touring the operating room with her mom when she was younger.

Nursing provides so many choices and opportunities for people, from assisting births, assisting surgeons, caring for the elderly and comforting patients in their time of need, said Bramwell. She encouraged males to choose nursing, saying times are changing and there is a wide variety of choices for nurses today. Nurses of today are challenged, it is such a rewarding profession, said Bramwell.

Ted Mavor, co-ordinator of health, promotion and social work at the Cambridge Memorial Hospital, compared the health-care system to a pie. We all bring our own skills to help patients like pieces of a pie, and when ready, we send them back into the community, said Mavor. Students looking to get involved in social work need to have great listening and time management skills.

For information on the upcoming Employ Yourself seminars or to register visit www.employyourself.ca.

Applied degree status is still unknown

By MICHELLE TAYLOR

We still don't know.

The status of the applied degrees for the advanced manufacturing and architecture programs remains elusive.

At a Board of Governors meeting on Nov. 25, John Tibbits, president of Conestoga College, said the delay may be caused by the government's preoccupation with other issues, namely the hydro issue. Tibbits said he hopes to hear a decision soon. The headlines today are Kyoto and the Grey Cup, so maybe we have a chance.

Tibbits is anxious for a reply because the key promotional and marketing time for the college, especially for the applied degrees, begins this week. There are a number of colleges very angry about this. Marketing starts Dec. 1 and students have already made up their minds (about which school to go to). The fact that the announcement has not been made means the college cannot use the prospective applied degrees in its promotion.

Although he is confident the college will receive applied degree status for the two programs, Tibbits isn't saying anything is for sure. I don't believe you have it until you have it, he said, adding, I feel like I'm five again waiting for Christmas everyday.

In other business, Carol Gregory, a counsellor for Student Services at the college, made a presentation on a new orientation method implemented this year in

hopes of increasing retention and, therefore, decrease the rate of dropouts.

Gregory said there are four phases of orientation. Phase 1 occurs prior to entering classes. There is a general college welcome, a two-hour program orientation, a lunch and entertainment with faculty, and a student success workshop and campus tour.

Phase 2 occurs during the first two weeks of classes. Students are introduced to college and program standards and procedures. As well, the relationship between their program and potential careers is explained to students.

Phase 3 is a 45-minute presentation by Student Services and student employment staff identifying services such as health, disability, counselling, learning skills and student employment.

Phase 4 is an orientation to the learning resource centre (LRC). It involves a 45-minute presentation by the LRC staff. Both Phase 3 and Phase 4 take place within the first two months of classes.

According to Gregory, the college hopes this new method of orientation will promote accessibility and communication between students and faculty, assist students in being comfortable with their surroundings and promote services available to the students. It is hoped that the orientation makes students feel welcome, helps them get to know their faculty and the various services available to them, and helps motivate them, thus decreasing the dropout rate.

Increase security in parking lots

As students in the post-secondary education system we pay a lot of tuition.

In return, we receive a good education and some sense of security for our future.

But there is one place where we don't seem to have any security. That place is our parking lots.

We pay student activity fees to keep us entertained, basic tuition fees to keep us educated, and drug plan fees to protect our health, but who is protecting our vehicles.

Over the course of the semester at least eight cars have been stolen or broken into at Conestoga College's Doon campus.

Another five cars have been broken into at the Conestoga Residence and Conference Centre. Several other stolen vehicles have been found discarded at the Doon campus, which Al Hunter, head of security, believes is the work of joyriders.

The latest break-in at the college was at the residence Nov. 13 when the driver's side window was smashed and the trunk was pried open on a 1992 Chevrolet Cavalier.

Another car was also broken into at the Doon campus the same night.

Thus far, Chrysler minivans and smaller vehicles have been targeted in the thefts as their ignition system is fairly easy to detach. Late model GM trucks and vans also have been targeted.

According to security services staff, this number is already higher than in previous years.

One contributing factor to the thefts may be the college's close proximity to the busy highway. The 401 provides a quick get-away for perpetrators and easy access to the college.

Another factor is the steady pace of the parking lots.

Students are constantly coming and going, paying little attention to what is going on around them as they rush to class, making it easier for a theft to occur.

Campus security officials do what they can by getting information out to students on how to protect their vehicles, adding extra patrols and keeping in contact with other colleges and with the Waterloo regional police, but that doesn't seem to be enough. Our cars are still disappearing.

It's time for security to be stepped up at the college.

Surveillance cameras need to be added to the parking lots so they are constantly being monitored and perpetrators can be caught before it is too late.

Students can do their part in keeping parking lots safer by being more aware of what is going on around them. If they see anything suspicious, they need to report it to security immediately.

Students also need to make sure their cars are locked at all times and any valuables are to be kept out of view.

Vehicle thefts aren't exclusive to the college. Waterloo regional police say that in the past few weeks they have had reports of stolen vehicles all over the region.

Students pay a lot of money to park their cars on college property and they have enough stress in their day already, without the added fear of their vehicle not being where they left it at the end of the day.

Whether security is beefed up by the college or students become more aware of what is going on around them, something has to be done to solve this problem before it reaches epidemic proportions.

In the long run, students may find they will have to dish out more money to receive a little more security on campus.



Packaging waste should be controlled

With the recent controversy surrounding the Kyoto Protocol and the ever-growing concern for our deteriorating environment, one would think there would be a little more consideration when it comes to unnecessary waste; unfortunately the opposite seems to be true — at least when it comes to corporate enterprise.

The mass amount of packaging produced by companies and their ability to justify their transgressions has always been a source of bewilderment to me. Considering all we know about the condition of this planet and what we can do — at the very least — to slow down our consumption, shouldn't we know better? Yet on every shelf of every shop, store, market and outlet, all I see is needless over-packaging.

Over-packaging is no oversight on a company's behalf; it is simply their clever method of making a product seem bigger, better and more impressive than it really is. If it appears as though a customer is getting more for their money, they're more likely to purchase that item rather than pay the same price for a simple, unadorned one. This isn't some cunning secret passed on through the corporate forefathers throughout the ages — it's



Halley McPolin

Opinion

simple consumer reasoning.

Packaging, like advertising, plays a crucial part in how companies compete with one another and gain business from the public. Many times the boxes and parcels the products are contained in, such as in children's toys, can be almost as impressive as the product themselves. The cost to produce such packaging is less than one might imagine, especially when the revenue is better as a result. The cost to our environment, however, is critical.

Recently, I saw a commercial advertising disposable cutting sheets, made by Saran. Part of the advertisement on their Web site boasts, 'Now, when cutting or preparing food, simply lay down a new Saran Disposable Cutting Sheet. When you are done, just throw away the sheet with the germ mess! Meant to be a safe and convenient way to cut meat, chicken, fish and vegetables while avoiding any bacterial mess, this

product also stresses the sheets are one-time use only.

What ever happened to washing your dishes when you're through? Have we become such a bacteria-phobic society that we would rather litter our environment with even more unnecessary trash than risk using the same cutting sheet twice? One has to wonder what happened to common sense in our race to stay healthy. It really won't matter how sterile your kitchen is when our ozone layer is depleted, rainforests destroyed and icecaps have melted. Besides, it has been scientifically proven that we all need a regular dose of germs in order to keep our immune systems in check, so there is such a thing as being too clean.

There are many ways we can do our part in keeping our planet healthy: use concentrated washing liquid, avoid pesticides and aerosols, choose water-based rather than solvent-based paints, buy organically produced foods, low-energy light bulbs and recyclable products, just to name a few. Choosing not to buy a product because it has too much packaging not only saves our environment, but it lets companies know we place more value on our planet's well-being than on fancy boxes.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Snow and driving can mix

By AIMEE WILSON

Before heading out into the streets and dealing with the hazards of winter driving, be sure to winterize your vehicle.

According to Phil Dietrich, an auto parts representative at Canadian Tire on Fairway Road, there are some key items everyone should be carrying in their vehicles throughout winter.

The obvious are snowbrushes, ice scrapers, anti-freeze and extra clothing such as mittens, boots, scarves, hats and blankets. It is also a good idea to carry candles. Candles can come in handy for melting snow and ice or simply be used as an aid to keep warm if you are stranded for a long period of time.

Other useful tools, according to www.sema.state.mo.us/kitcar.htm, include a flashlight with extra batteries, a battery-powered radio and a first-aid kit.

If ever stuck on ice, kitty litter, sand, newspaper or old house shingles are great for gaining traction. Having drinking water and snacks in the vehicle is also vital.

According to Dietrich, the hottest item on the shelves this year for winterizing your vehicle is the new three-in-one Oskar multi-functional snow shovel. Acting as a snow shovel, ice-breaker, traction aid and security device, this tool is easy to store. Together, the snow shovel is 27 inches and expands to 39 inches. The reflective tape on the back serves as security if stranded on the side of the road. The shovel sells for \$29.99 at Canadian Tire plus tax.

"Make sure the tires are in good shape for winter."

*Phil Dietrich,
auto parts representative*

Carrying booster cables is always a good idea in case you or someone else needs a boost. Dietrich recommends checking the vehicle's battery and alternator to make sure both are working properly. It takes a lot more power to start your vehicle when it's cold outside. Once one isn't working properly, it will affect the other.

It's a vicious cycle, Dietrich said.

Tires are also a major factor in winter driving. Make sure the tires are in good shape for winter, Dietrich said.

Rain, snow and ice reduce tire traction therefore altering control. Winter tires have a different tread design and compounds, such as a harder rubber, that help keep better traction, resist hydroplaning and help tires through slush. Always be aware of thin-looking or uneven tread wear.

Tire pressure is also something that should be checked in fall and early winter. As the temperature drops, so does the tire pressure.

Checking under the hood regularly is also important. Make sure all fluids are topped up.

Dietrich also recommends keeping the gas tank at least half full to prevent condensation from freezing.

The winter months are tough on any vehicle.

But, being prepared and having the proper equipment could not only save your car, it could save your life.



(Photo by Aimee Wilson)

Phil Dietrich, an auto parts representative at Canadian Tire, holds the hottest item for winterizing vehicles, a three-in-one Oskar shovel.

System keeps impaired out of driver's seat

By JASON MIDDLETON

Imagine you are driving down the street and as you slowly come to a stop at a stoplight a sensor inside your car starts to beep.

It is warning you to give a breath sample, but you decide not to and your horn starts honking and your lights start flashing.

The confusion will not go away until you pull over to the side of the road and turn off your car.

This will become a reality for all drivers who were convicted of impaired driving in Ontario after Dec. 23, 2001.

After losing their licence for one year and serving a mandatory remedial program, drivers will be given back their licence with one catch.

Any vehicle driven by them must have an ignition interlock installed.

The interlock acts as a breathalyzer and will not allow the vehicle to be started if a blood alcohol level of 20 milligrams of alcohol per 100 millilitres of blood is present.

Transportation Minister Norm Sterling said in a press release, Ontario leads the way in combating drinking and driving with some of the toughest laws and programs

in North America. MADD's (Mothers Against Drunk Driving) support for our newest tool, Ignition Interlock, will help the province further step up the fight against impaired driving.

The device works by making the driver of the vehicle blow into it. If the driver's blood alcohol level is above the pre-set limit the vehicle will not start. While the vehicle is running the interlock device may require the driver to provide breath samples at any time. If the sample given is above the set limit, or no sample is provided, the device will give a warning, record the event

and set off an alarm system. The alarm set off could be lights flashing or the horn honking.

The province signed an agreement with Guardian Interlock Systems of Mississauga to distribute and monitor the systems.

Guardian will subcontract Standard Auto Glass to install the systems, which will be available by Dec. 28.

The ignition interlock will cost impaired drivers, who have to pay for it themselves, \$1,300 annually.

In 2000, there were approximately 16,000 drinking and driving convictions in Ontario. Around 75 to

80 per cent of convicted drinking drivers are first-time offenders.

The first of the drivers who had their licence suspended after Dec 23 of last year are expected to get their driving privileges back soon. These drivers will be the first in Ontario who have to use the ignition interlock system.

If it was their first conviction they will have the system monitoring their driving for at least one year.

For a second conviction they will have their licence suspended for three years as well as having their driving monitored for three years.

Drivers should slow down in winter

With winter getting under way driving can be a challenge.

The last few weeks have seen winter storms suddenly appear and just as quickly disappear. Drivers are left with the shock of having to change their driving skills and, god forbid, slow down.

Despite the fact that many accidents occur when the temperature drops and the roads turn icy, drivers continue to believe that summer is still here complete with dry roads.

Is it just me, or do others wonder how people can continue to speed during a snowstorm, despite ones vision being severely impaired and traction being a problem?

As I was driving home from a Christmas party in Guelph two weeks ago, blinding snow and icy roads marked my way. As a precaution, I tried to go as slow as driving on a highway would allow. As I made my way from the Hanlon Expressway to Highway 401, the snow started to get heavier and I found I was driving blind at 90 km/h. I felt I was not thinking clearly by continuing to drive, but several drivers still flew by me at



Michelle Taylor

Opinion

excessive speeds. If anything had crossed the road or a car decided to stop, we were doomed.

A police van tried to set an example by going approximately 10 km/h more than I was, but drivers continued to fly past it with no regard for their own safety or others.

The Record reported more than 50 accidents on area highways that night, including multiple accidents on the Hanlon. The Canadian Automobile Association reported so many calls for tow trucks it had to go into a Code Red Alert. According to The Record, this meant drivers could call an alternate company and be reimbursed.

The same week, on Nov. 20, icy roads again proved hazardous to motorists. The Record reported 75 accidents with almost all involving

drivers going too fast. It seems we don't learn from our mistakes.

People must believe they are invincible because of safety measures on vehicles these days such as automatic braking systems, air bags and traction control, but these safety measures were put in place to help save a life in case of a severe accident. They are not there so people can fly around in their vehicles like they are unbreakable bubbles.

When roads turn icy I prefer to walk wherever I can, but is walking any safer? What about that group of young drivers, not to be stereotypical here, who decide they are going to spin their vehicles in the parking lot as I walk from work?

Maybe I'll take my chances in my rust bucket on wheels. Hopefully drivers will decide hurrying to Tim Hortons for that much-needed coffee really isn't worth one's life.

So please, do me a favour when the real winter weather gets here, bundle up, keep a distance of three car lengths and slow your rust bucket down. Happy Holidays!



DECEMBER 6TH

**IS CANADA'S NATIONAL DAY
OF REMEMBRANCE AND ACTION
ON VIOLENCE AGAINST WOMEN**

AT CONESTOGA COLLEGE, DOON CAMPUS:

❖ PARTICIPATE IN A MOMENT OF SILENCE AT 11:00 A.M. ON DECEMBER 6TH TO MOURN THE VICTIMS OF VIOLENCE IN OUR SOCIETY

❖ VIEW THE PRIZE-WINNING ANTI-VIOLENCE POSTERS CREATED BY OUR GRAPHIC DESIGN STUDENTS ON DECEMBER 5TH AND 6TH (DISPLAYS AT DOOR #4 AND OUTSIDE DISABILITY SERVICES)

❖ WEAR A ROSE BUTTON TO SIGNIFY YOUR SUPPORT (BUTTONS ARE AVAILABLE AT POSTER DISPLAYS, ALONG WITH COLLECTION BOXES FOR THOSE WHO WISH TO DONATE TO LOCAL WOMEN'S SHELTERS)

❖ WORK IN YOUR OWN RELATIONSHIPS, FRIENDSHIPS, FAMILIES AND COMMUNITIES TO BUILD A CULTURE OF SAFETY, EQUALITY AND JUSTICE FOR WOMEN AND CHILDREN

Sponsored by: Women's Resource Group
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Comedian brings laughs to Sanctuary

By CARRIE HOTO

Whoever said sex wasn't highly amusing obviously didn't meet Kenny Robinson.

The 40-something comedian kept students laughing and totally grossed out while talking about intercourse.

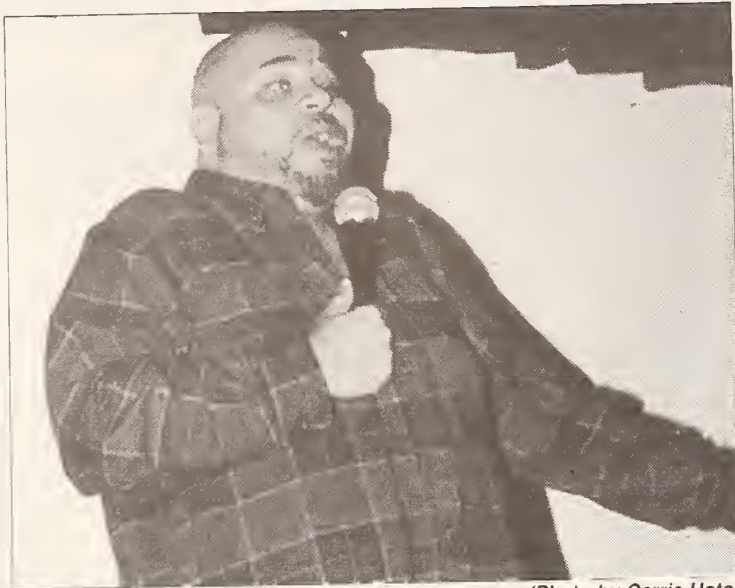
It's going to get a lot worse before it gets better, said Robinson. That it did. Robinson went on to talk about parents having intercourse and discussed anal sex with the audience. Although some students cringed as he continued with graphic detail, other students were in hysterics.

Robinson's done more for young, culturally diverse comedy talent than anyone else, at any time, said NOW magazine.

The Winnipeg native originally wanted to pursue a career in acting. But, they didn't hire colour, Robinson said. So, he decided to try comedy.

Robinson was inspired by Richard Pryor, a black comedian from the 1970s. I wanted to be like him. I didn't want to be like the comedians on TV.

Robinson has been doing comedy for more than 25 years. He



(Photo by Carrie Hoto)

Kenny Robinson, a Toronto-based comedian, took students' minds off school, during a performance in the Sanctuary Nov. 19.

moved from Winnipeg to Toronto in 1980, because Toronto had more outlets for aspiring comedians.

He has headlined at comedy clubs throughout Canada and the United States and has been featured in almost 30 different television programs and movies.

He has also earned the tribute of Creator, writer and host of an edgy late-night TV show, After Hours with Kenny Robinson on the Comedy Network, according to www.visiontv.ca. Currently, he is the co-host of The Morning Rush, a morning show on Toronto's radio station, FLOW

93.5 FM, Canada's first urban radio station.

His favourite style of comedy is political humour. That's the real challenge, Robinson said, adding, Things are always happening (in the political world).

He opened his show for Conestoga students on Nov. 19 with some political humour involving Jean Chretien and George W. Bush.

Robinson attended the University of Winnipeg for political science and drama. However, he never finished because he decided to pursue his comedy career.

According to www.visiontv.ca, Robinson has performed with Jim Carrey, Eugene Levy and Norm MacDonald. He has also appeared in the 2001 movie, Down to Earth, starring Chris Rock. As well, he has performed in the Showtime television movie, Soul Food, and the PAX TV series Doc. He also created and co-produced the Gemini Award-nominated CBC special Thick and Thin with Ronnie Edwards, according to www.visiontv.ca.

The husband and father of three said he wasn't always the class

clown. I developed verbal skills to keep bullies away.

Robinson's hero is his mother. She's done nothing but make sacrifices in the family, he said. He added that his family has always been behind him.

In 2001 the Toronto Star voted Robinson entertainer of the year and he has received recognition on the front page of the entertainment section in the Globe and Mail.

I've been so blessed throughout my whole career, it's been great.

He comes up with his material through life experiences, newspapers, conversations with friends and in the dark, dirty corners of my sick-twisted mind.

Robinson didn't want to rehash any disaster stories. Too many to mention, too painful to try, was his response.

However, he admitted that his experiences have contributed to him being the person he is today. I've lived, loved, laughed and reproduced.

Robinson offered a few words of advice for aspiring comedians.

Be honest, be strong and be committed.

Christmas traditions shouldn't be downplayed

What do you call an evergreen tree strung with tiny lights, garland and decorative ornaments?

I would call it a Christmas tree, which is probably what 99.9 per cent of the population would say no matter what religion they might be.

Recently, some staff at Toronto City Hall insisted a large decorative evergreen tree in Nathan Phillips Square be called a holiday tree. However, councillors disagreed and stated it is a Christmas tree.

Calling things by their proper name (a Christmas tree) is how we celebrate our diversity, not by generalizing things, said Toronto Councillor Mario Silva in a Toronto Star article.

Why should the Christmas tree be called anything other than what it



Carla Sandham

Opinion

has been called for more than 300 years? I respect the beliefs of others, but I feel a tree's name is not forcing non-believers to celebrate nor is it harming them.

The word Christmas itself is also becoming taboo. Many company Christmas parties have been renamed and Christmas decorations banned to accommodate those who do not believe and/or celebrate the occasion.

A friend, who is an employee at TD Canada Trust in Brantford, said

they have been stripped of any Christmas-related activities for the sake of two employees.

According to Statistics Canada, about 80 per cent of the religious population in Ontario believes in Christmas, while about 81 per cent of Canadians celebrate on Dec. 25.

Where do we draw the line? Should we not call Jan. 1 New Year's Day because according to the Chinese the new year begins the date of the new moon, which is Jan. 2, 2003.

The generalization, or rather the lack of recognition, of Christmas this year has also filtered into newspapers. The community newspaper in Tillsonburg, where I am from, was asked not to print Merry Christmas in the paper to avoid offending some religious groups.

To me, Christmas decorations, trees and music bring out the holiday spirit in me. I just wouldn't be as excited or feel the importance of Christmas without these things.

Christmas is Christmas just as Hanukkah is Hanukkah. Customs practised during Hanukkah are not downplayed to satisfy the predom-

inantly Christian culture, so those associated with Christmas should not be either.

A statement made by another Toronto councillor during the Christmas tree controversy says it all: We are inclusive to all religions and customs. This does not mean that we should tear down existing traditions.

High school students compete for journalism scholarships

By SARAH MCGOLDRICK

High school students interested in attending the journalism print and broadcast program at Conestoga College had an opportunity to be a journalist for a day on Nov. 16 and win a \$2,000 or \$1,000 scholarship at the same time.

The students were given an apartment fire scenario at the college and had the chance to interview victims and police, played by broadcasting students.

A video projector, sound effects and the smell of smoke were used to create the scene.

The students were then required to write a news story about the accident for the Conestoga College Newswriting Competition.

The stories are now in the process of being judged by industry professionals, with the winner receiving the \$2,000 scholarship and the second place winner receiving the \$1,000 scholarship.

"The faculty was looking for strategies to raise the profile of the program."

*Dave Haskell,
journalism professor*

Winners must be accepted into the journalism print and broadcast program prior to claiming their prize.

The event was also a chance for the college to inform potential students about the journalism program

as well as offer a chance to get some hands-on experience.

Journalism professor Dave Haskell said the idea was first discussed by faculty about two years ago.

The faculty was looking for strategies to raise the profile of the program, he said.

Students from 11 schools from within the college's jurisdiction were represented.

I'm pretty pleased. By next year we hope it will grow significantly, Haskell said, adding that overall, participants were impressed by the production.

The event is similar to those run by Skills Canada. However, it is the only competition to provide a scholarship for journalism students based on a contest.



SUGGESTIONS FOR IMPROVING MEMORY

- Try to **make connections** between what you are learning and your everyday life or future career.
- **Link information** you already know with the new material being learned.
- **Type and retype** a term's worth of written notes into the computer.
- Use lots of **coloured markers**. Use one colour per course. Your brain will associate a certain subject with a colour.
- Make your **learning active** and involve your whole body. Stand up and talk out loud as you study. People remember 90% of what they say and do.
- Practice **relaxation techniques**. Our brains are more alert when we are relaxed.
- Use **visual techniques** for learning. Form mental pictures, draw charts and graphs, and create mind maps.
- **Repetition** is required to move information from short-term memory to long-term memory. Long-term memory is what is needed for success on tests and exams.
- Use a **variety of review techniques**. Work on paper, talk yourself through it, review it with a friend.
- Form a **study group**. It's a great tool for both learning and studying. The best way to know if you know something is to teach it to another.
- If the teacher uses **examples** in class, make special note of them, or come up with your own. Create the connections.
- Plan **regular review time**. Long-term memory is essential for success on tests and exams. Regular review of material helps move information into long-term memory.



International students get into Christmas spirit

By BRANDI STEVENSON

For many people Christmas is a time to give and receive, and enjoy the company of family and friends. However, Christmas does not have the same meaning in every culture.

Jianjia Huang, an international student from China, said, For Chinese (Christmas) is not (a) very strong feeling.

After being in Canada for a year and experiencing Christmas here, Huang said she likes getting presents and seeing the lights and snow.

One difference she noticed between Christmas and some Chinese holidays is the absence of fireworks. She added that Canada doesn't have many traditional Christmas foods either.

In China, children can get lucky money, people can eat a lot of tra-

ditional food, and every province has different food.

According to the University of Victoria's Web site, www.educ.uvic.ca, lucky money, or lai see, is a part of the Chinese New Year. Relatives give children money in red envelopes for good fortune.

The Chinese New Year is a 15-day celebration, which starts with a new moon and finishes with a full one. The final day is celebrated at night with lantern displays, when children carry lanterns in a parade.

Food is a big part of this Chinese custom. Large quantities of traditional foods are prepared for family and friends, as well as for family members who have died. Jai, a vegetarian dish made up of root and fibrous vegetables, is commonly served on New Year's Day. Some of the ingredients, like black

moss seaweed and dried bean curd, represent wealth and happiness. Fresh bean curd or tofu is not eaten during the New Year because it is white in colour. White is believed to signify death and misfortune.

"In China, children can get lucky money, people can eat a lot of traditional food, and every province has different food."

*Jianjia Huang,
international student*

Fireworks also play an important role in the celebrations. On New Year's Eve, firecrackers are set off to end the old year and welcome in the new one.

Rachoon Jung is an international

student from Korea, who has been at the college for more than a year. He realizes Christmas is a significant holiday in Canada.

I think the day is the biggest holiday in Canada. Children think they are able to meet Santa Claus if they (are) good, he said.

Jung enjoys getting presents from his friends and attending Christmas parties. However, he dislikes the shopping and spending money that is often associated with the holiday. He said, I must spend a lot of money and time (for) Christmas.

Christmas is also celebrated in Korea, but in a different way. In Korea, we usually go to a famous restaurant, he said, adding, But, Canadians normally don't do that, and invite some people to their house.

An important holiday in Korea is the Korean Language Day. It is celebrated on Oct. 9, and is to honour the

effort of King Sejong, the inventor of the Korean script. According to the Web site

<http://waynesville.k12.mo.us>, from a school district in Waynesville, Mo., there is a legend surrounding the Korean alphabet. It was created in 1445 by the King late one night when he couldn't sleep. He decided to make a script for the Korean language to end illiteracy for the common people. The next day, he presented his gift to the Korean people to use and be proud of. The Web site for the Korea Times, www.hankooki.com, said the script was originally called Hunmin Chongum, which means the proper language for the instruction of the people, and was made up of 28 letters. Today, it is known as Hangeul, and consists of 24 letters.

Although it is no longer a public holiday, many Koreans still celebrate Hangeul Day with pride.

Trust your own instincts and common sense

Walkerton's water was tainted with E. coli. Aluminum can cause Alzheimer's disease. Fast food can clog arteries. And every time a piece of meat is bitten into, there is a risk of food poisoning.

Many people have worries and fears that were non-existent a few decades ago. It's time to escape from the jungle of worries and break into the clear and open of happiness and security.

Everyone has some worry and fear looming inside their brains. It remains dormant until something provokes it and makes it escape with a vengeance. Our hands clench together and our brows become drenched in sweat. And then we get over it.

That's what it feels like to have a



**Denis
Langlois**

Opinion

small amount of worry. But, because of recent news events, our society has thrown itself into a paranoia frenzy.

In the past, various tragedies have struck, killing people or making hundreds sick. During the 80s, for example, thousands of Canadians contracted HIV or hepatitis C, after receiving tainted blood through transfusions.

And in May 2000, society's para-

noia increased after the Walkerton tragedy. Thousands of people in the tiny Ontario community turned on their taps and drank litres of water tainted with the deadly E. coli bacteria. The tragedy left seven people dead and more than 2,000 ill.

And the shootings at Columbine high school, the bombings in Bali, the terrorist attacks on Sept. 11 and the sniper attacks near Washington, D.C., also created panic in the world.

Each of these events claimed the lives of many people while they were performing normal daily activities.

When society witnesses these events on the news, the natural reaction is to remain indoors to

avoid becoming the victim of a similar culprit or situation. During the sniper shooting spree, for example, many residents near the area remained in their homes and made limited stops on their way home from work and school.

Everyone should try to avoid dangerous situations, but we should balance caution with common sense.

What we have to remember is tragedies happen everyday. Perhaps not to such a catastrophic scale, but they do happen. It is

nearly impossible to avoid them.

Even though thousands of people die in car crashes each day, we shouldn't avoid cars. And although the food we eat has the potential to make us ill, we shouldn't starve to death.

Everyone should try to avoid dangerous situations, but we should balance caution with common sense.

A good way to deal with the worries our society has instilled in us is to evaluate the likelihood of something happening to us. We have to stop looking over our shoulders, expecting something to go wrong. We must trust our common sense and instincts, rather than rely on the media to tell us if we are in danger.

Company offers students better sleep

By MARY SIMMONS

We sleep one-third of our lives, so if that time doesn't leave us feeling rested and refreshed it can have a negative effect on the other two-thirds.

Brian Bushell and Steve Darling were two students at Syracuse University who decided to do something when their nights were being spent in uncomfortable dorm beds.

While living in dorms we developed lower back pain due to the age and poor quality of the mattresses on the dorm beds, said Darling in an e-mail interview.

It led them to create their own business, the Memory Foam Factory, which produces mattress toppers and pillows.

In July 2002 the 21-year-old students began their journey as entrepreneurs. And now, at 22, they have had more than 400 customers while maintaining their studies.

Bushell created the product after searching for the right material and Darling was brought in as the development and public relations manager.

The products are made out of Memory Foam, a material devel-

oped by NASA in the late 1960s to reduce pressure during space travel.

The material is totally unique, said Darling. It is both extremely dense yet soft, so when formed into a mattress topper it creates the optimal level of support and comfort.

Darling and Bushell are not the only ones to use this material in bedding products, but Darling said they can offer the lowest prices.

Darling said Tempur-Pedic has the highest prices at \$349 US for a twin mattress topper. The Memory Foam Factory's comparative product can be purchased for \$79.95 US.

A student discount offers customers a free pillow, valued at \$39.95 US, with every mattress topper.

Since we are the factory, we purchase it in huge blocks, and cut it down to size and into finished products, then ship directly to the customer, without any middlemen or resellers, Darling said.

Since they are so confident of their product, they offer a 60-day money-back guarantee.

Darling said the product is also guaranteed to reduce back and neck pain.

Their success with bedding products has led them to explore

other options.

We are also developing unexplored utilizations of Memory Foam in new products, such as wrist rests and saddle pads for horses, Darling said.

These products, as well as mattress toppers and pillows, can be purchased online at www.memoryfoamfactory.com or over the phone at 1-877-MEM-FOAM.



(Internet photo)

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A blast from the past brings back the '80s

By BLAKE GALL

Get out your acid-washed jeans, your best high-top sneakers and some tube socks because the '80s are back in style.

Well, maybe not to that extreme, but '80s music is definitely being revived in clubs, at radio stations and on the airwaves around the world.

I think it's a lot of people reminiscing, listening to music they grew up with and stuff they haven't heard repeatedly over the radio, said Chris Brenneman, a 27-year-old general business student at Conestoga College.

Brenneman is the DJ for Conestoga's pub nights but says that the '80s parties are his favourite because people get dressed up and have such a great time.

The revival of '80s music started about eight years ago when clubs began incorporating classic songs into their nightly play lists. The trend made its way to Kitchener about six years ago with the retro '80s night at Club Abstract every Friday.

Alastair Mickie, 30, has been DJing the event since retro night was started. With requests ranging from Madonna to Michael Jackson and New Order, Mickie keeps the records spinning with the unique sounds that only the '80s produced.

Today's music is pretty stagnant, he said. People want something that they know they are going to love. Eighties music gives them just that, fun sounds that they can dance to while remembering their younger years.

A lot of the females like the retro '80s more than their male counterpart, said Darius Kybartas, 30, general manager of Club Abstract.

He said the bar is a packed house every Friday ranging from people in their early 20s to mid-30s.

It's the pop aspect, '80s music was a lot more danceable, Kybartas added.

Mickie thinks this new trend of



(Photo by Blake Gall)

Alastair Mickie pulls out the classic '80s album *Bad* by Michael Jackson to put on next at Club Abstract for their Friday night retro dance party.

'80s music will be around for at least another five years and Kybartas agreed.

So it only seems logical that mainstream artists are turning to '80s classics for inspiration on their new albums.

Along with the rise in popularity of '80s retro clubs is the sudden explosion of musicians doing covers of classic beats.

Remakes of songs have been done for many years but lately it seems to be the popular thing to do.

Cover versions are the easy and safe bet, said Tony Monaco, announcer for Z103.5, in Toronto.

It brings back the memories and it makes people feel good, he added.

Turning on your radio dial today will not necessarily mean tuning into the newest Coolio, Dixie Chicks or Mariah Carey song. In many of these cases it is actually an '80s cover.

The latest cover in country music is Fleetwood Mac's hit *Landslide* which has now been redone by the Dixie Chicks into a beautiful ballad. Previously *Landslide* was covered by Smashing Pumpkins and even Tori Amos which shows that these remakes are not confined to any one genre of music.

Mariah Carey has brought her fair share of covers to the world of contemporary music with such songs as *Against All Odds*, originally by Phil Collins, *I Still Believe*, originally by Brenda K., *Open Arms*, originally by Journey and her number 1 single *I'll Be There*, a cover of the Jackson Five classic.

Brandy has had success with covers of *Everything I Do, I Do It For You* by Bryan Adams, *Phil Collins Another Day in Paradise* and *Rock With You* by Michael Jackson. She managed to bring the sound of the '80s into the new millennium with a soulful R&B feel.

Coolio remade songs like *Gangsta's Paradise*, originally by Stevie Wonder and *Fantastic Voyage* by Lakeside while adding his own rap beat to the tunes.

Will Smith revived The Whispers hit *Miami* as well as *Just The Two Of Us* by Grover Washington and Bill Withers.

Hole has done covers of *Gold Dust Woman* by Fleetwood Mac and *Hungry Like The Wolf* by Duran.

Marilyn Manson scared listeners with his covers of *Like A Virgin* by Madonna, David Bowie's classic *Golden Years* and *Sweet Dreams* by the Eurythmics, which was more recently covered by Pink in a remix of her own hit single *Get the Party Started*.

Covers can be risky but some have had huge success. What's *Going On* was originally performed by Marvin Gaye but was remade in 2001 by a collaboration of artists including Christina Aguilera, Beyonce Knowles, Sunny Bono and others to pay tribute to the victims of Sept. 11.

The message of the original song was so strong that it helped people cope with a tragedy years after it was first released.

Urge Overkill had a hit on the *Pulp Fiction* soundtrack with *Girl You'll Be a Woman Soon*. Believe it or not, Neil Diamond sang the original.

The punk pop genre of music has seen a few '80s covers as well. Blink 182 revived the Billy Idol song *Dancing With Myself* and Alien Ant Farm enjoyed immense success with their cover of *Smooth Criminal* from Michael Jackson's 1989 album *Bad*.

Dancing With Myself was covered a second time by Boomtang Boys, Ace of Base revived *Cruel Summer* by Bananarama and Geri Halliwell brought back *It's Raining Men* by Weather Girls.

Hootie & the Blowfish covered *I Go Blind* by 54-40, Pearl Jam redid *Last Kiss* by Wayne Cochran and Red Hot Chili Peppers remade *Higher Ground* by Stevie Wonder.

Kylie Minogue got *Physical* years after Olivia Newton John had success with the song and Britney Spears covered *I Love Rock & Roll*, originally by Joan Jett and the Blackhearts as well as remaking the Rolling Stones hit *Satisfaction*.

Celine Dion has re-released some songs from the '80s with her own spin on them such as *It's All Coming Back To Me Now* by Pandora's Box and *The Power of Love* by Jennifer Rush.

However, aside from all of these remakes, there has been a huge trend of using popular '80s songs as dance songs today.

When DJ Sammy's *Heaven*

exploded other European producers jumped on the bandwagon and now everybody is going through the archives to find the next big thing, said Monaco.

Heaven is actually a cover of the Bryan Adams classic released in 1984 from his album *Reckless*. The new version has topped charts around the world and has gotten many people jumping for joy when it comes on at the club.

DJ Sammy is still cringed at by classic Bryan Adams fans and yet the euro-trance crowd thinks it's the greatest dance record of the past decade, Monaco added.

After all the success of *Heaven*, artists started releasing covers left, right and centre. Richard Marx hit number 1 in 1989 with his single *Right Here Waiting For You* from his *Repeat Offender* album. The song went platinum with the message of devoted love. *Dance Kings* decided to jump on that song this year and remake it with the vocals of popular dance singer Elissa. The song has definitely seen its own share of success in clubs so far.

Eighties singles have also made their way back on to the radio as updated versions. In 1984 Corey Hart debuted on the music scene with the album *First Offense*. From that came the popular track *Sunglasses At Night* which was re-released this year with Hart's original vocals mixed over a new dance beat.

One of the most commonly covered artists from the '80s has to be Madonna. In 2002 her single *Like A Prayer* was covered by the dance group Madhouse. The song brought back memories for millions of people and was well received. The group followed that hit with the cover of *Holiday*, another '80s Madonna tune. In fact, their entire album, entitled *Absolutely Mad*, is covers of the many songs that made Madonna successful in the '80s.

But Madonna has been covered by many other artists in the past. *Papa Don't Preach* was redone by Kelly Osbourne, *Like A Virgin* covered by Marilyn Manson, *Borderline* newly performed by Showoff, *'Burnin' Up* remade by Babyland, *Cherish* was covered by Loop Guru and the list goes on.

So after all of her songs were getting covered Madonna had to join the trend. That she did by releasing her own version of the Don McLean hit *American Pie*.

Bryan Adams took part in covering songs before the remake of his own track was even released. His album *Here I Am* included the hit single *Cloud 9* originally recorded by George Harrison.

So maybe covers are an inevitable part of music. They will always exist.

They freshen up the sound of an older track and breathe new life into an entirely new generation, said Monaco.

I don't think there's been an era like the '80s, said Kybartas, therefore it's an easy source for remake inspiration.

As for DJ Sammy, the group that most people feel brought the trend back into mainstream music, they have followed up their single *Heaven* with *Boys of Summer*, a remake of the '80s classic performed by Don Henley.



(Photo by Blake Gall)

Club Abstract uses old vinyl every Friday night to spin the tunes for their retro dance party.

What do men really want?

By NICOLE CHILDS

This is the first in a two-part series about men and women in relationships.

One of the greatest mysteries in life is the opposite sex. To men, women are gossipy creatures obsessed with chocolate and the size of their thighs. To women, men are beer-guzzling animals who ogle them and talk constantly about cars and sports.

The big question in most women's heads is what do men really want? What do men think about the way we act, relationships and us in general.

I sat down with five men to discover what exactly it is they want. The following answers may shock you. My participants were: Dave Roy and Mike Ryan, both second-year general business students; Justin Dautner, a third-year materials management student; Kevin Kerry, a third-year computer engineering technology student, and Eric Melanson, a third-year wood technology student.

Like women, men want respect. They want to feel free to live their own lives and not be judged by the way they choose to do it.

When asked what annoys them about women, Roy said, Girls who expect romance and a phone call everyday and too much commitment right away.

Ryan said he finds women too catty and emotional sometimes, while Dautner questions how women can get angry just for the sake of getting angry.

I don't like girls that don't give you your space or demand too much of you, added Dautner. Melanson agreed saying he doesn't like it when girls try to take over his friends' lives.

When men and women argue, they do so differently. According to Melanson and Dautner, men can't stand the way that women bring up things from the past that were already resolved.

Melanson said, I hate it when they drag something on, forget about it and then bring it up later on.

Some of the stereotypes that women are labeled with do seem to annoy men. All five men laughed as they joked about how women can spend every other day at the mall and how some are bad drivers.

One thing they get annoyed with is when girls know what they want but are afraid to go for it. Men feel sometimes they are expected to do everything, and wouldn't mind if a girl would just tell them what they want rather than make them guess.

Sometimes with girls you can tell they want to do something, or want something, but they expect you to make all the moves and do everything, said Roy.

Ryan had another view. His main annoyance comes from girls he deems attention whores. He used an example of a girl who attended the Halloween Biz Bash at Colangelo College wearing practically nothing to attract attention.

I hate attention whores, those



(Photo by Nicole Childs)

(From left) Kevin Kerry, Eric Melanson, Mike Ryan, Justin Dautner and Dave Roy discuss the ups and downs of relationships.

chicks that want all the attention, but the reason for it is because they have low self-esteem, said Ryan. Dautner agreed, saying that sometimes girls will say anything to get attention.

If they're sitting back to back with a group of guys they'll suddenly say, Yeah, I really need some sex or something loud like that, and all they want is attention, added Ryan.

However, the five of them said this type of woman is still better than one who is considered a tease. Roy defined this type of girl as one who flirts a lot with no intention of giving guys what they want. When asked what men really want, Melanson was not shy in blurting out Sex.

If a girl is teasing you for like two weeks straight then finally one night she's all over you and you ask her and she's like, No, I'm not that way, then she's a tease Melanson added.

With all the things they don't like about women, it's a wonder they want them at all. So what exactly are they looking for in a woman?

Deep down, what they want is a woman who will be their friend, their confidante and someone who will take care of them. As much as they protest that they want their independence and not to have their lives run by women, secretly sometimes they do.

I like when a girl can make plans rather than call and ask what we're doing. I like to be told what I'm doing from time to time, admitted Dautner. He also wants a girl that can hang out with the guys and not be ashamed to be herself.

While they like when women take the initiative and plan the night, they also want a woman who will do what they want from time to time.

I like a girl who doesn't just go out and party every night and have girls nights all the time and who will do what you want to do sometimes, said Roy. He also wants a girl who is spontaneous and doesn't always expect dinner and flowers. He'd like a girl to surprise him sometimes and do things he likes.

Melanson laughed as he said, I

really like it that they have boobs. He added that he likes a girl who doesn't care what he's doing all the time and won't interrogate him when he gets home.

They all seemed to like different aspects about women and look for different things. But, one thing remains the same, they all want a woman who is smart, fun and who has a lot of ambition.

I look for a girl who's very headstrong. She has a good, positive presence around her, said Ryan.

They all had ideas about the best thing a woman could do for them. High on the list was having her plan a whole day where she decides what they do, makes him dinner, and since we're talking men here, initiates sex at the end of the night.

Ryan said he had a girl help him clean his car for a car show once. She cleaned the engine and the interior, so that was cool.

As a woman, I've spent hours making sure my hair is just right, my clothes are perfect and my face is made up, but for what? Is that what really attracts men?

Women spend hundreds of dollars on expensive clothing and hair treatments. They Dautner spend hours working out at the gym, in an effort to achieve a desirable body. They perfect their bodies without even knowing what perfection is.

Attractiveness was a hot topic discussed by the men. While looks are the first thing you are attracted to, they change over time. Men may first be interested in you because of your looks but will decide whether or not they like you based on your personality.

If you meet somebody, looks are high up there but you will put less stock in her looks the longer you're with her, said Dautner.

He also said that when he's out at a club, if he sees a woman dressed provocatively it attracts him but it can give off the wrong impression.

Girls can be revealing but classy at the same time. That's what I look for, he said.

All agreed that they don't understand women's clothing sometimes. They said that they find

some of the things women wear a bit ridiculous. The three-quarter length pants or peddle-pushers that everyone seemed to be sporting when they first came out, are high on their pet peeve list as well as long denim skirts. According to Kerry, shorter tops that show off a bit of stomach are nice and Dautner said, Nothing beats a nice tight pair of jeans.

Makeup is also a factor in attractiveness. While many women spend money feeding the cosmetics industry, the men said they prefer a more natural look.

I don't want them to smile and then their face cracks, said Ryan.

When asked what they talk about when women aren't around, cars, sports and breast size were the main topics as well as other physical attributes of women. They weren't as willing to share on this topic, saying that it is guy stuff.

However, Ryan did say, Well, we don't go around saying, That girl got 90 per cent on her test. Melanson grinned and added, It's more like, that girl's got a nine out of 10 ass on her.

One of the major myths in relationships is who should approach whom? Do men see it as overconfident or pushy, or do they like it when a woman approaches them?

Dautner said he likes it both ways. I love it when a girl approaches me. Not that I don't like approaching them. I like the hunt too.

While many people go out to bars and clubs with the intention of meeting people, they said they're more comfortable meeting women through their friends.

If you're looking for a girl for a relationship, definitely through friends, said Dautner and laughingly added, The grocery store is good too.

Another big question in the dating world is who should pay? If you are out at a restaurant should he pay or should she? Or should it be split 50/50?

I want to pay but I like them to offer, said Dautner.

Melanson said he thinks that once you are dating for awhile it should be shared while Kerry thinks that

the decision should also be based on how much each person makes.

One of the biggest things women often wonder about men is if they can trust them. Will they be the type of guy to cheat or will they be faithful and trustworthy? A lot of men don't like when girls are always asking where they've been or who they've been with, and when they get jealous of other girls. But do women have a right to be suspicious?

When asked who has cheated, two out of the five said yes. One said no because it happened to him and it was not a good feeling. Another said that whether or not he would cheat would depend on the seriousness of the relationship.

Men like a lot of different things in women. But, how do you know when he likes you? When asked about the subtle ways men use to attract women there were a number of intriguing methods mentioned.

Dautner said he likes to use the three-look rule. At the bar you look once to establish eye contact and look away, look twice and if she's still looking you know she's interested. You look again, you smile and you approach.

Ryan likes to compliment his love interests. His strategy is to bring up something she did a week ago so she knows he's been paying attention to what she says and does, and not just the way she looks.

Another topic of interest was smoking. Most men hate it when women light up. When questioned why, Ryan said, Because I don't smoke, I hate it, I can't stand it.

Kerry said, It reveals a weakness. Melanson said he also prefers a girl who doesn't smoke. I hate a girl with a dirty mouth.

When asked to describe their idea of the perfect man date, they wanted a woman to take them to a hockey game, play golf with them or go see a concert. Kerry said, he would like to go to a steak house and then a football game.

They said the best things girls can do on a date are pay, carry the conversation and plan it.

The worst things are to expect him to carry the whole conversation or be rude at all to either him or the server.

While men are stereotyped as the ones who will most likely use a pick-up line, women often attempt it, but not always successfully.

Ryan said a woman tried to pick him up at a party by sitting on his lap and saying What would you do if I kissed you right now.

They said they don't mind the pick-up lines as long as women don't walk up to them and shyly ask, Are you single?

The five guys said they hate being asked stupid questions by females, with the worst one being, Do I look fat in this?

Dautner said he just thinks, Why are you asking me this, while Kerry thinks, Oh God.

Ryan, on the other hand, goes for true honesty. If a girl asks me that I say, It's not the clothes that make you look fat, it's the fat that makes you look fat.



Roy



Ryan



Dautner



Melanson



Kerry

Sex can have negative consequences

By SHANNON McBRIDE

Odds are if you are a woman reading this article, either you or the woman next to you is sexually active. There's nothing overly alarming about that.

But what is shocking is that according to Statistics Canada, in 1995, 20 per cent of males and almost 18 per cent of females age 20 to 24 admitted to not using a condom and having more than one sexual partner in the previous year. On top of that, Statistics Canada also said that in 1997 more females ages 15 to 19 had abortions than live births.

According to a Durex condom survey released earlier this month exploring sexual attitudes and behaviours in Canadian youth ages 18 to 29, curiosity far outweighed love when it comes to a young person's first sexual experience.

The poll indicated that 37 per cent of those asked entered into

their first sexual relationship because of sheer curiosity. Twenty-nine per cent said they were in love. Eleven per cent had sex because they had the chance. Six per cent did it because of pressure from a partner and five per cent took the plunge to get it over and done with.

Greg Guthrie, owner of an individual, marriage and family counselling practice in Brantford, says that much of this lack of sexual responsibility in young people is caused by today's culture that normalizes sex outside of marriage.

They may minimize the issue and not think it through completely, Guthrie said, adding that many young people struggle with the decision to have sex, but don't feel that it's normal to talk about those struggles.

Beth Gray, executive director for the K-W Crisis Pregnancy Centre, wishes more young people would consider their options.

If young people are confused (about the decision to have sex), they should think a little longer, Gray said.

As statistics clearly show, it is a decision that could have serious ramifications, some of which Gray sees daily.

"Consider where you will be 10 years down the road."

*Beth Gray,
executive director of K-W
Crisis Pregnancy Centre*

When a young woman has a positive pregnancy result we educate her on her three options, to parent the child, put the child up for adoption, or have an abortion, Gray said, adding that it is not the centre's job to make the decision.

Consider where you will be 10 years down the road, she said.

Many people don't do that and are surprised at the result.

Pregnancy is not the only unplanned and possibly undesired result of sex.

Guthrie said marriages can be affected by the partners' past sexual experiences.

Couples that were each other's first sexual partners have a sense that the relationship is special. There aren't other ghosts in the bedroom, he said.

But he admits most people he talks to that look back on other sexual partners don't have fond memories.

Most married people are relieved that they now have something more stable, Guthrie said.

Premarital sex can affect marriages in other ways too.

Guthrie said sexually transmitted diseases (STDs) can be devastating to a marriage, not only because of the obvious physical effects, but also because of emotional issues.

It's hard not to infect a partner if

you bring an STD into a marriage, Guthrie said. A feeling of contamination is a constant reminder of past mistakes.

Emotional problems are often overlooked when it comes to considering sex.

Guthrie said an emotional part of you is left with each of your sexual partners, therefore, less of your emotions can be given to your life partner.

Couples who have chosen celibacy until marriage find themselves in a more unique and special bond.

Both Guthrie and Gray feel that it is important to weigh the instant benefits with the possible consequences when it comes to making a decision about a sexual relationship.

Really ask yourself if it's a decision that is consistent with your values, Guthrie said.

Once your virginity is lost, it's lost. It's not something you can find again.

Fadetoblack.com publicizes celebrities' worst moments

By IAN ROSS

If you like hearing celebrities saying stupid things or making mistakes on the air, then visit www.fadetoblack.com.

The Web site is full of funny clips of celebrities slipping up or saying things they later regretted.

Radio station 102.1 The Edge played clips taken from the Web site. Clips like Casey Kasem screaming at someone to organize things properly can be heard and downloaded off the Web site.

People like William Shatner, Linda McCartney and Marlon Brando can also be heard saying things they regret or recording things they wish they didn't.

A CD with a large collection of

outtakes and funny clips can be purchased from the Web site as well.

The Web site has more than just audio clips and is full of funny comics, quotes and bizarre links.

The dumb quote of the day is a daily updated quote from random people saying some of the stupidest things ever. All of the quotes used are taken from a book called *A Martian Wouldn't Say That* by Leonard B. Stern.

The Web site also cherishes the hate mail and negative reviews they receive so they dedicated a section with a link to some of the worst ones.

Reviews such as *You are about as funny as a concentration camp*, and *Your site isn't offensive, any*

more than any other kind of time-wasting material, can all be found in the bad reviews section.

The Fade to Black Web site is actually a comedy magazine that you can order a subscription to through their Web site.

Fade to Black has won several awards for their site and received great reviews from Yahoo Internet Life which called it *Walking the line between politically incorrect and just plain funny*.

There is also a merchandise section where T-shirts, bumper stickers, CDs and videos can all be ordered and shipped to you.

So whether you are looking for a good laugh or you want to be offended, www.fadetoblack.com is worth checking out.

Internet spam leaves bad taste in your mouth

By REBECCA LEARN

You have 200 new messages in your inbox. What does this mean?

To most people it means that they haven't checked their e-mail in about a day.

We receive numerous promises to make our mortgage smaller, make body parts larger and see girl-on-girl action like we've never seen before.

Most of us just sigh and delete them, but a lot of consumers are being cheated out of tens of millions of dollars according to Sean O'Shea on the Aug. 12 edition of *Moneywise*. I like to follow one simple rule. If it sounds too good to be true, then it probably is. It's pretty hard to save 70 per cent on life insurance right now without some kind of catch.

O'Shea said that in several cases, consumers were offered and bought automobiles, only to find out after paying, that the seller had no car or truck. This was a scam that especially interested me, as a college student who desperately craves a set of wheels to get from point A to point B. If someone is offering a car, even on a site like eBay, for what seems to be an oddly low price, I advise you to think twice before you dip into your bank account.

Another ad I see a lot, says you can make thousands of dollars every week working from home. The job is to put together parts of something or stuff envelopes for a company. I think that if people could make thousands of dollars every week, by simply stuffing envelopes, everyone would be doing it. I know I would. Wouldn't you?

There must be some kind of

drawback or there wouldn't be any reason for me to be in college, paying all this money for my education. It makes me wonder just how many envelopes I would need to stuff before I made my first thousand.

Each day, I continue to wade through the long list of e-mails and pick out the 10 or 12 that come from people I know. This should be the easy part, because most of us can spot our friend's names pretty quickly, right? But, somehow it also proves to be tricky, because the senders purposely choose titles that will confuse us.

Suppose an e-mail called hi, it's been so long since we've talked shows up in my inbox. Since I can't be sure this isn't a letter from a friend, I check it out. It turns out to be a direct link to a pornography site. I have to admit they are right, it has been a long time since I've talked to five scantily clad women on a horse. I'm sure just about all of you have had this problem and it probably makes you just as furious as it makes me.

Then, when I arrive at that porn site, usually there are so many pop-up advertisements that my computer freezes and I have to shut it down and start all over. This is generally about the time when my computer gets a powerful slap.

I suppose the best we can hope for is that one day these companies will be shut down and there will be an end to all this madness.

O'Shea said that investigators have shut down some of them, but there are still a lot left to go and they seem to continually get more underhanded.

COUNSELLOR'S CORNER: Community Resources

The counsellors at Student Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected with the right people.

A Message from Student Services (Room 2B02)

Student loves work-integrated program

By HALLEY McPOLIN

When Amy Chapeskie dropped out of university after a year and a half, she was not only \$15,000 in debt, but also with a big decision on her hands: whether or not to go back to school.

Chapeskie, 23, had always been successful academically (averaging As in most of her university classes), but ever since entering high school in Grade 9 after being home-schooled for many years, she'd felt she needed more challenge than school could bring her. This year Amy is getting just such an opportunity with a special work-integrated program she entered at George Brown College in Toronto.

Chapeskie began her college career last year when she signed onto the three-year child and youth program at George Brown's St. James campus located in downtown Toronto. Because much of her family environment has involved working with troubled youth, including her mother, who is a counsellor, Amy naturally developed an interest and certain skills in the field. After a year of in-class training, Amy decided it was time to put those skills to the test and enter a work-integrated version of the program.

This program allows students

involved to take all the skills they have learned in-class and during their first-year placements and apply them to a hands-on work environment. This means that, rather than attending school full time and doing short placements, the student attends school once-a-week while working at a paid position in the field for at least 30 hours a week. In Amy's case, this means staying at her Waterloo home, working in town and then commuting to Toronto every Wednesday for class.

Depending on the kind of setting a child and youth worker is in, they'll generally be working with street youth or kids coming from troubled backgrounds, says Chapeskie of her position and others like it. These are kids coming from abusive situations at home, dealing with mental illnesses, kids with severe behavioural issues much of the work surrounds figuring out what is behind a child's behaviour.

Although she grew up with the knowledge of such situations, Chapeskie admitted it was still intimidating to enter the field and be confronted with these circumstances herself. I had a pretty realistic idea (of the job) because my mom's in the field, so I kind of knew what I was getting into. It

was a case of: I had all this information (from school and at home) and until I was on the job and had a kid call me some of the worst words I know — and he's 10 and he means it — even though I knew it was going to happen, I could never really have prepared for it.

One of her first-year classes included an introduction to child and youth work, in which guest speakers would share information, advice and stories with the class. Speakers included those from group homes, school boards, hospitals and youth shelters, all of whom wanted to familiarize students with things they may be getting into in this line of work.

It was kind of a shock class, because there were a lot of people coming into the program straight out of high school thinking I like kids, I can do this and (the lecturers) want to make sure everyone has a realistic idea. It's not just hanging out and playing with these cute little kids everybody likes to play with — it's working with the kids that are hard to work with. They swear, they have emotional problems, they're specifically the difficult ones.

Other discussions in the class include career options, such as group homes, working with troubled teens, youth shelters and

treatment centres.

They teach students how to be prepared for situations such as being sworn at, hit, punched, bitten and even having bodily fluids flung at you — most of which Chapeskie has run into at her workplace.

Students in the course are trained in interpersonal, communicative and counselling skills and also treatment and assessment of children, such as how to recognize signs of abuse or mental illnesses like autism. So you've got a kid that's very clingy or whiny, tattletails, etc. What might be causing them to behave this way? Is it physical or mental abuse at home? Is it abandonment issues?

Chapeskie notes how important it is to focus on the reasons for the behaviour, rather than the behaviour itself. Basically, we're dealing with the kids that are not managing. They've been dealt a hard hand in life and we act as the nurturer in a lot of ways. Unlike teachers, who give support academically, Chapeskie says child and youth workers support children emotionally, which has become her job.

To get her diploma, Chapeskie must have a combined number of in-class credits as well as placement credits. The criteria for placement credits include a certain num-

ber of hours combined with evaluations from a supervisor at the placement. The supervisor will evaluate the student twice a year and must also meet with a faculty adviser from the student's program. On top of her on-field job, Chapeskie must still complete two separate placements, which can be done over the summer or during vacation time from work.

The faculty (in the program) are great. They're really supportive and work really hard with the work-integrated students to accommodate them and make sure they can do it. Chapeskie adds that teachers will sometimes push back due dates for papers when necessary and the head of her program is even willing to travel to Milton from Toronto in order to meet with her supervisor.

Although almost halfway through her second year at George Brown, Chapeskie says she still isn't sure where she plans to go. She thinks she will volunteer in the summer in order to get her placement hours in, but says the placements do take an emotional toll.

It's very stressful and I've come away crying from some shifts because of what I've seen in these kids, she says. However, she adds, At the end of the day I love going back to work.

From the Sanctuary

We're grateful to our students

It's always a delicate line between having a good time at a pub night and having the night be a total nightmare.

You may or may not have read in the papers recently, but the Mohawk Students Association (MSA) is in a world of trouble with Hamilton police, the Mohawk College Administration, local residents around the college and more than likely the Alcohol and Gaming Commission of Ontario.

On Nov. 20, a fight, or as it was reported in the Toronto Star, a brawl, broke out at the student bar, the Arnie. The true irony of this situation is that just hours earlier, police Chief Ken Robertson told community members and college officials that they will no longer tolerate neighbourhood disturbances. It's safe to say his message probably wasn't heard by the brawling buffoons.

What's even more troubling is a college administrator going on record as saying the college would "welcome and understand" if the MSA lost its liquor license. And by the tone of the article, one more mistake like that and Mohawk College might not have a student pub.

The CSI shares the same concerns as the administration of Conestoga when it comes to our licensed pub events. Both groups want the students to have a good time in a safe, friendly environment.

Neither the college nor the CSI want any single student to walk away from a pub hurt. Injuries do happen at bars. As long as there has been alcohol involved in a close, intimate setting, there have been injuries.

But we strive very hard to ensure incidents are at a minimum. Luckily, the amount of incidents CSI has had to deal with at its pub nights can be counted on one hand.

One of the reasons why we don't have many incidents is because our students are so well behaved at pub nights. They have a great time when they come out, but they don't cause problems.

Another reason is the presence of police at these events. Originally the CSI balked at having the police at pub nights. However, after an event of the magnitude of what happened at Mohawk, where there were no duty officers at the pub, it's not a bad idea to have two police officers there.

If anything, the police make sure there's another level of safety there. That's not a bad thing. Eventually, our pubs might get to the point where we don't need a police presence. Who knows when or if that will happen.

But regardless of whether or not there is a police presence at a CSI pub event, we still need our students to behave.

As stated earlier, the number of incidents the CSI has had to contend with on pub nights has been limited. And because of that, the CSI would like to thank the student body for showing the rest of the world what kind of students Conestoga has. Thank you so much.

Jody Andruszkiewicz
CSI events programmer

- CSI advertisement -

Railway safety begins with public education

By JASON NOE

It all comes down to respect.

When the issue of railway safety comes up, most people roll their eyes because they have heard the same things over and over again.

This month alone, four people have been killed after being struck by trains in four separate incidents in Brantford. The last accident on Nov. 16 was by far the worst.

A 51-year-old woman died after her van struck a 69-car train that was stopped at a crossing around 1:15 a.m. The woman was trapped in the van by the steering column that pushed against her after the collision. People who saw the incident called police, and tried desperately to free the woman from the car. The train began moving and dragged the lodged van about half a kilometre, until it hit the side of a bridge and burst into flames. After the impact and explosion, eight tanker cars derailed. A hundred residents were evacuated for two days.

In 2001 in Canada, at least 41 people were killed, and 47 seriously injured in 279 railway crossing collisions. This is a combined total for both public and private crossings. Also, 55 people were killed and 22 were injured while trespassing on railway property in 2001.

Operation Lifesaver is a program that educates the public about the dangers associated with railway crossings and trespassing. It began in 1981, and is jointly funded by The Railway Association of Canada and Transport Canada. Officials aim to create safety-conscious attitudes toward railways, promote safe-driving skills, and adherence to signs and warnings.

The goal of the program is to

reduce the number of railway crossing and trespassing accidents by 50 per cent by the year 2006. With the use of presentations, public service announcements and the Internet, we are trying to spread the message of safety at all railway crossings, said national director of the program, Dan Di Tota. One injury or fatality is too many, because every one of them could be preventable.

The public is not the only one impacted by railway collisions. Engineers and conductors are just as traumatized. What the statistics do not tell is all the near misses or close calls that train crews face on a daily basis. Some employees have even quit their jobs because they could not stand to hit another car or person along the tracks.

When a train hits a vehicle or person, in most cases it is the train crew that goes back to see if anyone is still alive. They are usually the first ones on the scene, and in most cases, the person or persons are already dead. There have been instances where the person who was hit by the train is still alive, but that is only a small percentage.

I think the public knows little about trains and are ignorant of the dangers, said engineer Don Pohl. There is only a two per cent likelihood that you will survive in a car if you are hit by a train. Pohl is an engineer for Canadian Pacific, and is also one of the coordinators for Operation Lifesaver in Moose Jaw. He has been an engineer for 26 years, and in that time has seen three people killed by trains he was operating.

Operation Lifesaver hopes to reduce the fatalities through education, and at the same time, urges people to use caution around trains.

Future is in the palm of your hand

By ANDREA SMITH

As she gently turns my hand around to read my palm, chills run down my spine as I wonder what she is going to tell me about my life. Some people take it seriously, while others do it just for fun.

A new continuing education course called basic palm reading will be taught at Conestoga on March 15.

The course will run from 10 a.m. to 4 p.m. at the Doon campus for \$45.

Sandra Ryan, a psychic reader and the course's teacher, has been in the palm-reading business for 30 years.

I can't remember a time where I couldn't read palms. I come from a family of psychic readers like my grandmother and my mom. I was taught at a young age.

Ryan went to the University of

Metaphysics in California. She has a masters degree in metaphysics and parapsychology.

Ryan says she loves to meet and help people. I like it when I can tell them where they can help improve their lives.

A palm reading gives you general information. It can tell you things from your past, present and future. For instance, a palm can reveal things about your life, love, marriage, health, intellectual capability, fate and more.

You can discover a lot when reading someone's hand, said Ryan. There are many different lines in a palm in different areas that mean different things. Everything means something whether it is the length, depth, a loop or if there is a break in the line.

For example, a palm reader would be able to tell you your age, goals that will be attained, any talents you

may have, personality flaws and how many children you will have.

The shape and size of your fingers, thumb and hand will also tell you about your life.

Ryan's business is not always easy.

Sometimes people will have very traumatic, emotional things happen to them like deaths in the family. I enjoy talking to them about these things but trying to instill in them that it is not an ending but a beginning and life goes on can be hard.

Ryan will also teach tarot cards - the easy way at Conestoga on Feb. 15, for \$45.

People are usually amazed (when they get a reading) that you can tell so much about them personally, said Ryan. The usual response is wow! How do you know this? Or, you don't even know me!

Her biggest response is usually disbelief. At a medical convention she once ran into a medical doctor who thought the reading was a trick. He wanted to know how she knew him. He kept asking her who she had talked to and how she knew so much about him.

He came back three or four times and being a medical professional and supposedly being that intelligent, I really was surprised to think that he really thought that it was a magician's trick.

Most people come to her readings with an open mind and therefore she has never gotten a negative response.

If people don't really want to know, they usually don't come, said Ryan, adding, People don't give me any grief. Even if they come just for entertainment, which a lot of people do, they want to see what you have to say.

Usually, for a reading that lasts a half an hour, it would cost about \$75. However, the time it takes for a reading varies. It could take up to an hour.

It goes into working with your psychic intuition, said Ryan. It goes beyond just saying you are going to have two children and you're going to get married twice. That is a very simple part of it. You can really elaborate and discuss those issues.

She warns that if you choose to go into metaphysics or parapsychology, it is a lifetime commitment.

This is not something like the palm reader on the corner who buys a book on Saturday and hangs her shingle out on Sunday. People who get the education, like the people at Conestoga, who take courses, really put a lot of work into it.

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The lines on your palm

The Life Line - indicates the course your life will take. For example, emotions, illness, time or age frames and personality. It begins on the side of your palm that is under the index finger. It usually curves around the thumb. A deep, clear, smooth line indicates a rich, healthy life.

The Head Line - career, mind. A long, deep, clear line shows strong intellectual capability. If the Head and Heart line meet, it shows genius. This is very rare. It usually has same starting point as the Life line.

The Heart Line - love and

emotions. A Heart line with chains is someone who is unlucky in love. Each chain is an obstacle in love given to the person.

The Fate Line - not found on everyone's hand. The length and depth represent how much luck the person has. It can show personality flaws that are not usually evident on the surface.

The Marriage Line(s) - found above beginning of Heart line. There is usually more than one - also marks lines of love. It can determine time if the line is closer to the Heart line (early in life) or near the joint finger (later).

Novel revolves around family life in East India

By JEFF MORLEY

Rohinton Mistry's third novel, *Family Matters*, is about history, secrets, forgiveness and, ultimately, family.

The story takes place in India and focuses on a seemingly normal family. However, as the novel progresses, secrets are revealed and each character's history is unraveled.

The novel's central character is Nariman Vakeel, a retired professor and elderly widower. Nariman also suffers from Parkinson's disease, osteoporosis and other persistent ailments of old age. The old man lives with his two adult stepchildren in an apartment in Bombay.

Their lives take a twist when Nariman breaks his leg, and is subsequently incapacitated. Jal, his stepson, and Coomy, his stepdaughter, become frustrated and impatient with their father's condition and the amount of care he requires. They then plot to move their father in with their sister, Roxana.

Roxana is Nariman's natural daughter. She, too, has a family and her own problems. Now she must deal with a new member of her household. From this central act the family, through happy and unhappy times, copes and learns.

They learn about Nariman and

his life and they learn about each other. While sacrifices are made, many things are gained. Mistry paints the picture of an East Indian family; however, it is still a family that many of us can relate to.

In addition, Mistry also immerses his story in a political context. The novel takes place in the early 1990s during the rise of the Hindu fundamentalist group, Shiv Sena. At the time Shiv Sena vandalized a Babri mosque, a Muslim holy site. They work to scare and intimidate the public to adopt their strict and rigid Muslim traditions. The characters in the novel must live, cope and sometimes fight against the Shiv Sena.

Furthermore, Nariman is a Parsi, a racial minority in India. Mistry discusses the problems and challenges that the Parsi people face while living in India, including discrimination. The newer generations of Parsi discard the old traditions and adopt a modern western way of life.

These challenges are part of the East Indian way of life and commonplace in the Vakeel household. Mistry's novel is humorous at times, tragic at others, and in many ways encompasses the struggles of the Parsi people and the challenges that each family faces; East Indian or Canadian.

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Local cinema offers an alternative

By VALENTINA RAPOPORT

It's as though you've just walked into somebody's funky decorated home. It's cosy, it's vibrant with colours and until the smell of fresh-made popcorn reaches you, you would have never guessed it was a movie theatre. It's the Princess Cinema and it's like no other cinema in the area.

I wouldn't even say we're in competition with any other theatre, said owner and manager John Tutt.

Tutt, who graduated from Wilfrid Laurier University with a business degree, decided to open the theatre after he developed a love for alternative films.

The Princess first opened on Sept. 18, 1985, showing the film *Casablanca*.

The mandate of the Princess was to show cultural films and classics, said

Tutt.

Now, with its own bi-monthly newspaper circulating in the Kitchener—Waterloo area, the Princess shows new alternative films Monday to Sunday. The films shown include Canadian films, foreign language films, low-budget films and documentaries.

They're movies that don't fit into multiplex cinemas for different reasons, said Tutt. They aren't (movie) star-driven films. They're films that have received good reviews and films that have received awards at film festivals.

Created inside a heritage building at 6 Princess St. W., in Waterloo, its funky design alone separates it from other multiplex cinemas.

We probably deliberately avoid making it look too corporate and polished, he said. And it shows. Its

design screams originality with old-fashioned film reels hanging on the walls, a circus-patterned carpet and classic film posters covering a combination of both bright and dark painted walls.

Although it only has one theatre and 177 seats, space hasn't limited this independent theatre from providing a variety of entertaining events.

The cinema features a variety of different types of film festivals including the Aspirations Film Festival in September, where student-produced films are featured as well as director appearances and film-related speakers. Live folk, rock and jazz music shows are also held at the cinema.

However, the daily films are what seem to attract long outdoor lineups. According to Tutt, alternative films are important to a community.

It's a necessary part of the fabric in a community to show foreign films, he said. The films we show offer smaller voices. Those voices aren't going to be heard in multiplex theatres, he said, adding, There are people out there that would like to see their culture represented.

In addition to foreign language films, the Princess also shows a number of Canadian-produced films.

We show the most Canadian content of film than any other theatre around, he said. It's important for Canadians to see Canadian films.

Although small, for the variety of films it offers, prices are unbelievably low. Adults pay \$9, compared to \$13.50 at Silvercity, seniors pay \$6 and members (who can buy a membership for \$8 a year) pay \$6. Snack bar prices are also reasonable and, when compared to other

cinema prices, they are actually downright cheap. Popcorn prices range from \$3 for a small bag, \$3.75 for a medium bag and \$4.75 for a large bag. At Silvercity popcorn prices range from \$4.25 to \$6. Members can get a small pop and small popcorn deal for \$4.75. Movie posters are also sold for \$5 each.

Nevertheless, if original style, alternative films and cheap popcorn just don't do it for you, maybe it'll do it for somebody you're with.

It's the best way to impress a date, said Tutt.

According to Tutt, many of the alternative films shown at the Princess often leave a big impression on its audience because of their stimulating content.

You might see a film at the Princess and come out discussing it, he said, adding, You take something with you.

Celebrities try their hands at children's books

By LESLEY LEACHMAN

They've done makeup. They've done perfume. They've done diets and cookbooks. Some of them have even done grills. But now they're doing children's books.

The latest trend in Hollywood is to write stories for children. According to the Web site, www.theage.com.au, a publisher will agree to work with celebrities if they are willing to do book signings and press conferences. In return, the celebrity gets publicity and an additional profession.

Children's books have been written by familiar faces such as comedian Jerry Seinfeld, Julie

Andrews (*The Sound of Music*), Marlee Matlin (*When Justice Fails*), and filmmaker Spike Lee. Actress Jamie Lee Curtis (*Halloween*) has written five children's books. Her latest book, *I'm Gonna Like Me: Letting Off a Little Self-Esteem*, is set to hit bookstores in late fall. John Lithgow (*Third Rock from the Sun*) has also taken quite a passion to writing. He has written three books in similar rhythmic style to popular children's author Dr. Seuss. He also gives live readings of his stories at his children's concerts across the United States.

In an article posted on www.theage.com.au, Diane

Mangan, children's category director for Borders Books and Music stores, says Lithgow and Curtis are two celebrities that have put out quality material. She also says that they make good publicity plans and are respected by the close-knit circle of children's authors. Mangan predicts that Curtis's latest book will be the best-selling picture book at Borders this year.

Actors aren't the only ones putting pen to paper. Rappers LL Cool J and Doug E. Fresh have also contributed to the children's scene. Both have written stories for Scholastic's (a publishing company) Kip Kid Hip Hop series that

includes optimistic plot lines and encouraging messages for the reader.

Additionally, some best-selling adult authors have experimented in children's books. Michael Chabon and Carl Hiaasen have both written books intended for preteens, while author Toni Morrison's latest book, *The Book of Mean People* is intended for ages 4 to 8.

However, some bookstores are wary about celebrity authors.

Celebrity books sometimes are being sold more to the parents, the gatekeepers of book purchases, says David Gale, editorial director of Simon and Schuster's Books for Young Readers

division, in an article posted on www.theage.com.au. However, he adds that successful children's books eventually have to appeal to kids because youngsters make very clear their likes and dislikes — and it is children who build a base for an author's future books.

A celebrity children's book is a bigger risk for a publisher than a book written by any other first-time author, he says. When (a book) comes from a celebrity, it actually sends up a red flag. Other authors resent it because the celebrities get press attention. Stores can be reluctant. But even if I'm wary, if it's a good book, I'll want it.

Compact disc celebrates 20th anniversary

By DIANA O'NEILL

It's circular, it's not even five inches in diameter, it plays music via a laser, it has become one of the most widely used pieces of consumer electronics, and this year it's celebrating its 20th birthday.

The history of the compact disc (CD) is not very long; in fact, many of the innovators are still active in the industry.

The success that occurred after the vinyl 78 RPM record was introduced in 1915, made the music industry aware that people were hungry for new types of musical formats. According to the Web site www.audioforums.com, scientists at RCA records developed a technique of putting pictures and images on CDs. Almost instantly, developers at Philips and Sony teamed up to create a universal disc that would hold audio. Although the Philips and Sony collaboration ended before the product was actually mass-produced in 1982, each company came on the market with their own separate idea.

The idea of a CD was radical and advanced in comparison to that of the record or the cassette. The coolest feature is that it's read by a laser — yes indeed, a laser! The information starts on the inside of the CD and spirals

towards the outer edge. Its revolutionary claims of being practically indestructible, programmable and skip-free appealed to the masses. Annoyances such as static and distortion were not evident in the sound quality of this new digital music. Previously accepted formats of tapes and vinyl suddenly became a thing of the past. No more fumbling around; jumping between tracks was made easy thanks to the fast forward and rewind features.

The creation of the CD led to record-breaking profits for the music industry. Not even 10 years after being on the scene, 288 million CDs were sold annually in the United States, while world sales were close to \$1 billion.

The versatile digital format represented a wide range of possibilities for the music industry. Not long after its original creation, developers were already expanding on it. Enhanced CDs served up a free interactive experience. Compatible in both audio players as well as computers, they offered video clips, still pictures, interviews, discographies, lyrics and tons of other information that is invaluable to die-hard music fans. But, with these new features came a more expensive price tag.

It is becoming a hard task to convince consumers to part with their hard-earned paycheques, when the

age of free music is exploding. The endless options of CD burners and high-broadband Internet connections have had a large effect on the music industry. Record labels are faced with a more than 15 per cent

decline in sales in Canada, in 2002 alone.

Despite all the easy access in today's technological society, there are still die-hard fans that appreciate the value of owning an original

copy of an album. It may make a dent in their pocketbook, but in the end, nothing beats supporting their favourite band simply by purchasing an album at the local music store.

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Horoscope

Week of December 2-8

Happy Birthday Sagittarius

You'll have many options on your birthday. Make sure you do what you really want to and not what someone else is telling you to do.

Aries
March 21 - April 18

An issue is going to require a major decision. Make sure you weigh both sides of the problem before you make up your mind.

Luckiest day: December 2.

Taurus
April 20 - May 20

You will have some conflicts at school this week. Calm down and don't let it upset you. Everything will work itself out.

Luckiest day: December 2

Gemini
May 21 - June 21

Many new events will be starting. Some will be more memorable than others, so pay close attention to what's going on around you.

Luckiest day: December 5.

Cancer
June 22 - July 22

Financially things are going to be growing for you. But that doesn't mean you can splurge on unnecessary things.

Luckiest day: December 7.

Leo
July 23 - August 22

You are going to have several reasons to celebrate. Make sure you enjoy yourself. After all of your recent hard work you need a break.

Luckiest day: December 4.

Virgo
August 23 - September 23

Several stressors in your life will become even more intense. Talk your issues out with friends if things get out of hand.

Luckiest day: December 6.

Libra
September 24 - October 22

A relationship with a close friend is going to become even more special. Make sure your friends know how important they are to you.

Luckiest day: December 4.

Scorpio
October 23 - November 21

Don't try to spread yourself too thin. One person can only do so much. Finish one project before you move onto the next.

Luckiest day: December 3.

Sagittarius
November 22 - December 21

Good things are coming into your life. All of your recent hard work is going to pay off. Enjoy the good times while they last.

Luckiest day: December 8.

Capricorn
December 22 - January 19

Several unrelated events might start causing you stress. You will have to deal with each problem differently in order to make things better.

Luckiest day: December 6.

Aquarius
January 20 - February 18

Financially you are going to have to make sure all of your accounts are in order. Don't splurge on anything you don't need right now.

Luckiest day: December 4.

Pisces
February 20 - March 20

A sudden change, caused by a friend, will make you re-think recent events. Don't stress over problems which you can't solve.

Luckiest day: December 5.

Daniel Roth is a third-year journalism student who has studied clairvoyant issues for four years.

Millions of Canadians suffer from migraines

By MARCY CABRAL

As you wake up to the bright morning light, your eyes squint to stop the pain. You slowly begin to move and everything hurts. Suddenly a throbbing pain begins to form on one side of your head. The pain is so intense you can't think about anything else, except of course, your migraine.

These symptoms affect more than three million Canadians each year, according to statistics from Migraine Canada (www.migraine.ca), with three women suffering for every one man.

There are three different classifications of migraines: cluster, common and classic. The classic migraine occurs occasionally and is so strong that most people are stuck in bed for two or three days opposed to the cluster variety, which happens more frequently and offers no warning signs for the sufferer.

Stephanie Fraser, a 27-year-old migraine sufferer, was diagnosed in 1998 with common migraines after enduring severe and frequent headaches for several years. Common migraines offer no warning signs and often leave you feeling nauseous.

The doctors told her she had chronic sinusitis and attributed the headaches to that diagnosis, but she was still unsatisfied.

I started writing down in a day planner when I had one (a migraine) and it turned out that in a three-week period, I had 14 of them, she said.

The headaches would start on the right side of her head behind her eye, go up and over her scalp to about halfway down her head, and stop. Then they would start again on the right side of her neck and then move down to her shoulder.

She went back to the doctor and explained what was happening and he then diagnosed her with common migraines. He gave her a sam-

ple of a trial drug that worked wonders, but cost \$300 for 24 pills, so she only uses those in extreme cases.

Most of the time I go into a dark room with a really cold cloth over my face and eyes and I just try and go to sleep because when I wake up it's not as bad, she said.

Phil Hudson, pharmacist at Beechwood Wellness Pharmacy, believes more people are being diagnosed with migraines, but the key is finding the triggers.

"If you pinpoint the problem it can alleviate the severity and frequency of the migraines."

*Phil Hudson,
pharmacist at Beechwood
Wellness Pharmacy*

Triggers are the important link in preventing migraines. If you pinpoint the problem it can alleviate the severity and frequency of the migraines, he said, adding, most triggers are caffeine-related, such as chocolate and coffee.

Fraser has been able to narrow down the triggers and believes caffeine, stress and a drastic drop in the weather temperature are to blame.

I can control the amount of caffeine I have, but my stress levels and the weather are beyond my control, she said.

With the high cost of prescription pills, Fraser has tried other medication to alleviate the pain and the high price. She's tried Excedrin Migraine, Super Strength Motrin, Tylenol, and Advil Migraine without any success.

However, Hudson says pain relievers should be matched to the patient's individual needs because there is no universal pill that will

work for everyone.

In an over-the-counter drug you want something that will dissolve quickly, like Ibuprofen or liquid gel caps, he said. The problem with most pain relievers is that they will only begin to work once the migraine pain has started.

Most people with migraines have a family history, Hudson said. They are hereditary and genetic so if parents have them there is a good probability that it will be passed along to their children.

With so many Canadians being diagnosed with these severe forms of headaches, it's hard for someone to comprehend why there is no cure.

But, according to Hudson, the biggest problem is the word migraine is used too often and interchangeably. Some people are self-diagnosing their headaches and calling them migraines, but the fact is, unless you're diagnosed by a medical professional you probably just have a common headache.

However, Fraser believes there simply aren't enough people with the illness for the government to stand up and take notice.

It affects three million Canadians and I don't think in the grand scheme of things that's a high enough number to make people realize its severity, she said. I mean cancer affects 30 million people and AIDS affects 50 million people. For that reason I just think there is an ignorance towards it and no one wants to look into it.

Although there is no word of any new treatments or advancements for migraines, Fraser still remains optimistic.

I like to hope there will be a cure, she said, adding, I mean, we can clone a sheep and you're telling me no one can figure out something to do for swollen blood vessels in your brain. I don't think so.

Conestoga student balances both school and sports

By KATHLEEN DESCHAMPS

At Conestoga College, students can have brain and brawn. Shawn Lester, 20, is one of these people. He is one of many students who partake in one of the free intramural sports offered through the recreation centre.

I started hockey last year, and I liked the experience a lot, so I am doing it again this year.

Lester is one of the coaches of the team and plays defence. Intramural sports are different from varsity sports, because instead of playing teams from other colleges, you are playing your friends and anyone else who signs up. Lester plays on the team with his twin brother Shane.

In Canada, most boys dream of strapping on the skates and scoring the winning goal. However, many leagues end up strapping you of cash. Intramural sports are

free to join, you just need to supply your own equipment and give a deposit.

In hockey, the deposit is \$200, said Lester. You're paying for the rental of the jersey and if you get in any fights. That's a big no-no. If at the end of the season both your jersey and your record are clean, you receive the money back.

Some students do not join sports through the school because they think it will be too much of a commitment. To play hockey though, you only need to put one hour a week aside.

There is one weekly game, and you can spend as many hours as you wish practising on your own.

I can definitely handle this and school at the same time, said Lester. The games are usually early in the evening, so I have plenty of time to go home after and do any homework.

Lester is in his second year of recreation and leisure services. He is in either school or doing homework up to 25 hours a week. He also does a co-op placement every Friday at Sunbeam Lodge in Kitchener. He said that hockey helps him with this as well, because it can be a great stress reliever.

Sometimes I get tensed up because of my full schedule, but being on the ice relieves it because I get to get rid of my stress by playing.

Lester said that he would recommend intramural sports to any student who wants to have some fun.

It's a good chance to get to know other people who have something in common with you, he said.

Not only does it help you get in shape, it helps you meet people to get a beer with after the game, and that's the best part.

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

VISION PROBLEMS
Sudden loss of vision, particularly in one eye or double vision

HEADACHES
Sudden, severe and unusual headaches

WEAKNESS
Sudden weakness, numbness and/or tingling in the face, arm or leg

TROUBLE SPEAKING
Temporary loss of speech or trouble understanding speech

DIZZINESS
Unsteadiness or sudden falls, especially with any of the above signs



Seek immediate medical attention if you have any of these symptoms.

Condors shut out Knights

By NICK HORTON

The men's hockey team took the Sir Sanford Fleming Knights to town and then some Nov. 20.

The Condors showed poise and precision passing in pounding the Knights for 12 goals. The final score of the game was 12-0, with goalie Jeff Young posting the shutout.

We have two really good lines. Our third and fourth line really contributed this game when you have more than one line scoring, you're going to succeed, said head coach Greg Rickwood.

Young closed the door on 20 shots to record his second shutout of the season.

Even though the Condors took 11

penalties to Fleming's four, Conestoga's defence stood strong and killed off each one.

I was a lot more pleased. We were playing very solid in our own end this game and had the defence contribute in scoring, said defence coach and former captain Adam Johnston.

In a league that is fairly high scoring, Conestoga has set a goal to allow no more than three goals a game.

I expect our defence to step up to the plate each night and achieve that goal, and tonight they did, said Johnston. Conestoga knew the Knights, who sit in last place overall, weren't a strong team and wanted to take advantage of it. We knew they

were struggling offensively. If we got on top of them early and kept going, we could run the score up, said Johnston.

The Condors have been trying to improve their forechecking and combine it with a solid defensive effort in the other end, both of which were executed well in the shutout over Fleming.

With our strong forecheck and defence, we were able to exploit their offence and create scoring opportunities, said Rickwood.

Conestoga had eight different players score, including forward Ryan Ferguson who netted his first two goals of the season. Captain Andrew McDermott and Brent MacDermid also contributed with two goals apiece.

Baseball is missing the mark

By JAMES DOYLE

It's time for Major League Baseball to take a page from the world of soccer.

Baseball spending is getting out of control, and the power lies with a few teams. The New York Yankees and Atlanta Braves are teams who never lose. They are playoff perennials, never giving other teams a chance to compete. So how do you solve the problem?

Look to soccer. European football leagues do not have one league like we are used to in North America.

Soccer teams play against teams of equal skill. European soccer leagues consist of three or four separate leagues. The Premier league is where you put the Yankees and Braves to fight among themselves. Then under them you put the middle-of-the pack teams. The winner of the second division can now move up into the Premier league, with the last place team moving down to take their spot. The same goes with the small market teams. This allows the cash-strapped Expos and Brewers to compete against teams in a similar position.

Not only will this level the playing field in baseball, it will open the door for more expansion. The biggest complaint about expansion is it waters down the competition. But, this expansion will not water anything down, because these teams will be playing against each other.

So the problem is solved. Overspending is still rampant and the contraction issue has not yet been put to rest. But maybe someday the league will wake up, smell the European coffee and make the necessary changes to restore the game to America's pastime.



(Photo by Michelle Taylor)

Let the games begin!

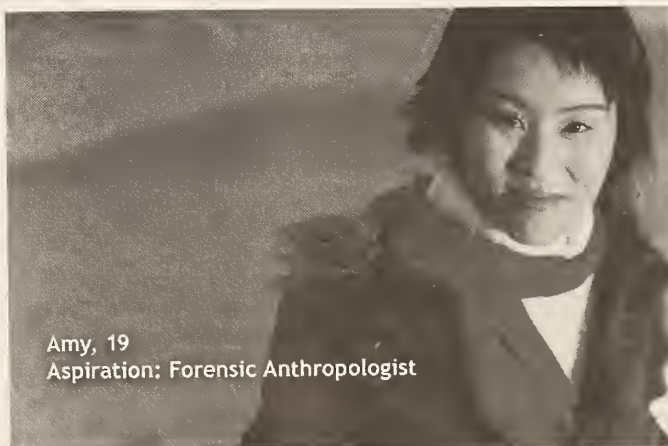
First-year marketing student Greg Hanna concentrates on the ball while playing ping-pong in the Kenneth E. Hunter Recreation Centre at Conestoga College on Nov. 20.



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CSI Events for December 2002

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December 2	December 3	December 4	December 5	December 6
		Terry McGurrin Comedy in the Sanctuary (11:30 - 12:30)		National Day of Remembrance
Monday Nighter	Twisted Tuesdays			
December 9	December 10	December 11	December 12	December 13
		Movie Day in Sanctuary	Movie Day in Sanctuary	Movie Day in Sanctuary
			Last Pub of Semester 1 Playboy Party in the Sanctuary (9:00pm-1:00)	
Monday Nighter	Twisted Tuesdays			
December 16	December 17	December 18	December 19	December 20
Final Exams	Final Exams	Final Exams	Final Exams	Final Exams
Movie Day in Sanctuary	Movie Day in Sanctuary	Movie Day in Sanctuary	Movie Day in Sanctuary	Movie Day in Sanctuary
December 23	December 24	December 25	December 26	December 27
Christmas Holidays	Christmas Holidays	Christmas Holidays	Christmas Holidays	Christmas Holidays
	Christmas Eve	Christmas Day	Boxing Day	
December 30	December 31			
Christmas Holidays	Christmas Holidays			
	New Year's Eve			
Party with Breakaway Tours in Quebec	Party with Breakaway Tours in Quebec			

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